



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Burrito
1% Milk
Grape Juice

1

Rice Krispies WG
Toast, wheat
Bananas
1% Milk

2

Biscuit & Gravy
Hash Brown
Apple Juice
1% Milk

3

Strawberry Spooners
Toast, Wheat
Raisins
1% Milk

4

Cheese Omelet
Toast, Wheat
Orange Juice
1% Milk

5

Rice Krispies WG
Toast, Wheat
Bananas
1% Milk

8

Sausage
Biscuit
Apple Juice
1% Milk

9

Strawberry Spooners
Toast, Wheat
Raisins
1% Milk

10

Breakfast Stick (only)
Apple Juice
1% Milk

11

No School

12

15

16

17

18

19

22

23

**This Institution Is
Equal Opportunity
Provider And
Employer**

24

25

26

29

30

31

