



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 **4**
 BREAKFAST BAR
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

SAUSAGE/WW BISCUIT **5**
 JELLY
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

EGGO BITES WAFFLE **6**
 SYRUP
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

CHEESE TOAST **7**
 BACON ROUND
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

PIG IN BLANKET **1**
 FRESH FRUIT
 ASSORTED FRUIT JUICE
 CHOICE OF MILK

WW STRAWBERRY CEREAL **8**
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

EGGO BITES PANCAKES **11**
 SYRUP
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

PIG IN BLANKET **12**
 FRESH FRUIT
 ASSORTED FRUIT JUICE
 CHOICE OF MILK

BREAKFAST BAR **13**
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

BLUEBERRY EGGO BITES **14**
 SYRUP
 FRESH FRUIT
 ASSORTED FRUIT JUICE

WW BLUEBERRY/STRAWBERRY **15**
 CEREAL BAR
 OR ASSORTED CEREAL
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

NO SCHOOL **18**

NO SCHOOL **19**

SAUSAGE/WW BISCUIT **20**
 JELLY
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

ASSORTED MUFFINS **21**
 FRESH FRUIT
 ASSORTED FRUIT JUICE
 CHOICE OF MILK

BACON ROUND **22**
 WW CROISSANT
 FRESH FRUIT
 ASSORTED FRUIT JUICE
 CHOICE OF MILK

WW STRAWBERRY **25**
 POP TART PASTRY
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

ASSORTED MUFFINS **26**
 FRESH FRUIT
 ASSORTED FRUIT JUICE
 CHOICE OF MILK

WHOLE GRAIN MINI WAFFLES **27**
 WAFFLES
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

28
 SAUSAGE/WW BISCUIT
 JELLY
 FRESH FRUIT
 ASSORTED JUICE CHOICE
 CHOICE OF MILK

