



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



SAUSAGE/WW BISCUIT 4
JELLY
FRESH FRUIT
ASSORTED JUICE CHOICE
CHOICE OF MILK

FRENCH TOAST STICK 5
POWDERED SUGAR
SYRUP
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

BACON ROUND 8
WW CROISSANT
FRESH FRUIT
ASSORTED FRUIT JUICE
CHOICE OF MILK

EGGO BITES PANCAKE 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 BIT 14
SYRUP
FRESH FRUIT
ASSORTED FRUIT JUICE
CHOICE OF MILK

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

NO SCHOOL 18

NO SCHOOL 19

NO SCHOOL 20

NO SCHOOL 21

NO SCHOOL 22

SAUSAGE/WW BISCUIT 25
JELLY
FRESH FRUIT
ASSORTED JUICE CHOICE
CHOICE OF MILK

ASSORTED MUFFINS 26
FRESH FRUIT
ASSORTED FRUIT JUICE
CHOICE OF MILK

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

SAUSAGE/PANCAKE ON 28
STICK
SYRUP
FRESH FRUIT
ASSORTED JUICE CHOICE
CHOICE OF MILK

WW STRAWBERRY CEREAL 29
FRESH FRUIT
ASSORTED JUICE CHOICE
CHOICE OF MILK