



RAMS



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. . Menus are subject to change. This institution is an equal opportunity provider.



Monday



Tuesday



Wednesday



Thursday

Friday

5
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Pancake On A Stick

6
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit

7
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

1
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Tornado

2
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

12
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Breakfast Sandwich

13
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit

14
LATE START
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

15
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Tornado

16
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut



19
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit

20
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit

21
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

22
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Tornado

23
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

26
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Biscuits and Gravy

27
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit

28
Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit / Donut

