



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



Monday

Tuesday

Wednesday

Thursday

Friday



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

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

(BLUE)

(GOLD)

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

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

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

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



(GOLD)

(BLUE)

(GOLD)

Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit
Breakfast Pizza (BLUE)

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

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



(GOLD)

(BLUE)



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

Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit (BLUE)

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

Cereal 2 varieties
Pop-tart or Strudel
100% fruit juice 3 varieties
Fruit (BLUE)

