



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 **1**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut (BLUE)

Cereal 2 varieties **4**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Pancakes and Sausage (GOLD)

Cereal 2 varieties **5**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Sausage Biscuit (BLUE)

Cereal 2 varieties **6**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut (GOLD)

Cereal 2 varieties **7**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Biscuits and Gravy (BLUE)



Cereal 2 varieties **18**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Pancake On A Stick (GOLD)

Cereal 2 varieties **19**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Breakfast Pizza (BLUE)

Cereal 2 varieties **20**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut (GOLD)



Cereal 2 varieties **25**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Pancakes and Sausage (BLUE)

Cereal 2 varieties **26**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Sausage Biscuit (GOLD)

Cereal 2 varieties **27**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut (BLUE)

Cereal 2 varieties **28**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Tornado (GOLD)

Cereal 2 varieties **29**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut (BLUE)