



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



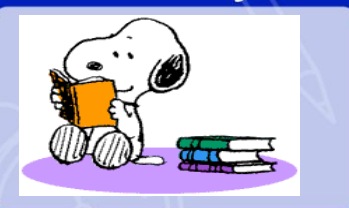
Monday

Tuesday

Wednesday

Thursday

Friday



Cereal 2 varieties **1**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut

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

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

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

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



Cereal 2 varieties **11**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Pancake On A Stick

Cereal 2 varieties **12**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Breakfast Pizza

Cereal 2 varieties **13**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut

Cereal 2 varieties **14**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut



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

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

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

Cereal 2 varieties **21**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut

Cereal 2 varieties **22**
 Pop- Tart or Strudel
 100% Fruit Juice 3 varieties
 Fruit / Yogurt
 Donut

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

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

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

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

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