

Woodward Public Schools are an Equal Opportunity Employer and Provider. 1% Fat Free White or Chocolate Milk Served With All Meals.



Nutrition Tip: Eat Breakfast! Several studies suggest that eating breakfast may help children do better in school.
Reference: IFIC, Wake Up to the Benefits of Breakfast, 2009.

Monday

3

Tuesday

4

Wednesday

5

Thursday

6

Friday

7

10

11

12

13

14

17

Cereal
Muffin
Juice/Fruit
Milk

18

Pancake on a Stick
Syrup
Juice/Fruit
Milk

19

Sausage Biscuit
Juice/Fruit
Milk

20

French Toast
Syrup
Juice/Fruit
Milk

21

24

Cereal
Donut
Juice/Fruit
Milk

25

Breakfast Bites
Syrup
Juice/Fruit
Milk

26

Breakfast Bagels
Juice/Fruit
Milk

27

Waffles
Syrup
Juice/Fruit
Milk

28

Breakfast Pizza
Juice/Fruit
Milk

31

Cereal
Cherry Bites
Juice/Fruit
Milk

