



Available Daily: Assorted Cereal, Fruit, 100% Orange, Apple, Grape & Cranberry Juice, 1% and Skim Milk, Water



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.



Monday

Tuesday

Wednesday

Thursday

Friday



Scrambled Eggs
Sausage Patty
Raisin Bread Toast
Butter, Jelly
Fruit

Oatmeal
Assorted Muffins
Fruit

French Toast
Sausage Links
Sugar Free Syrup
Cinnamon Apples

Scrambled Eggs
Grits
Bacon
Plain Toast w/ Butter, Jelly
Fruit

English Muffin
Sausage Patty with Cheese
Hash Brown
Fruit

Breakfast Pizza
Tater Tots
Fruit

Pancakes
Bacon
Sugar Free Syrup
Yogurt



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