



Menu subject to change. This institution is an equal opportunity employer and provider.



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

7
Pancakes
Fresh Fruit
Juice
Milk

8
Chicken Biscuit
Fresh Fruit
Juice
Milk

9
Cereal
Fresh Fruit
Juice
Milk

10
Yogurt w/ Breakfast Bar
Fresh Fruit
Juice
Milk

11
Egg/Cheese Biscuit
Fresh Fruit
Juice
Milk

14
Breakfast Bun
Fresh Fruit
Raisels
Milk

15
Sausage Biscuit
Fresh Fruit
Juice
Milk

16
Waffles
Fresh Fruit
Juice
Milk

17
Yogurt w/ Muffin
Fresh Fruit
Juice
Milk

18
Breakfast Pizza
Fresh Fruit
Juice
Milk

21
Pancakes
Fresh Fruit
Juice
Milk

22
Chicken Biscuit
Fresh Fruit
Juice
Milk

23
Cereal
Fresh Fruit
Juice
Milk

24
Yogurt w/ Breakfast Bar
Fresh Fruit
Juice
Milk

25
Egg/Biscuit Biscuit
Fresh Fruit
Juice
Milk

28
Breakfast Bun
Fresh Fruit
Raisels
Milk

29
Sausage Biscuit
Fresh Fruit
Juice
Milk

30
Waffles
Fresh Fruit
Juice
Milk

31
Yogurt w/ Muffin
Fresh Fruit
Juice
Milk