



**School Information:** Yogurt available daily



**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

The U.S. Department of Agriculture ([www.usda.gov](http://www.usda.gov)) Prohibits discrimination in all its programs and activities.



French Toast Stix w/Syrup  
Hash Browns  
Fresh Fruit  
Choice of Milk

Grits  
Turkey Sausage  
WG Toast  
Fresh Fruit  
Choice of Milk

Breakfast Pizza  
Hash Browns  
Applesauce  
Choice of Milk

WG Cereal  
WG Toast  
Fresh fruit or Juice  
Choice of Milk

Sausage Biscuit  
Hash Browns  
Fresh Fruit  
Choice of Milk

Blueberry Muffin  
Choice of Fruit or Juice  
Choice of Milk

WG Pancakes w/Syrup  
Hash Browns  
Fresh Fruit  
Choice of Milk

Pop Tarts  
Choice of Applesauce or Juice  
Choice of Milk

Grits  
Turkey Sausage  
WG Toast  
Fresh Fruit  
Choice of Milk

Breakfast Pizza  
Hash Browns  
Applesauce  
Choice of Milk

WG Cereal  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Sausage Biscuit  
Hash Browns  
Fresh Fruit  
Choice of Milk

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