



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.



Cinnamon Raisin Bagel  
Applesauce  
Choice of Milk

1

WG Cereal  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

4

Breakfast Pizza  
Hash Browns  
Fresh Fruit  
Choice of Milk

5

Grits  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

6

Cinnamon Rolls  
Choice of Applesauce or Juice  
Choice of Milk

7

Sausage Biscuit  
Hash Browns  
Fresh Fruit  
Choice of Milk

8

Breakfast Pizza  
Hash Browns  
Fresh Fruit  
Choice of Milk

11

Grits  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

12

WG Cereal  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

13

Cinnamon Raisin Bagel  
Applesauce  
Choice of Milk

14

Pancake/Sausage  
Hash Browns  
Choice of Applesauce or Fruit  
Choice of Milk

15

Sausage Biscuit  
Hash Browns  
Fresh Fruit  
Choice of Milk

18

WG Cereal  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

19

Grits  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

20

**Winter Break**

21

**Winter Break**

22



25

**Winter Break**

26

**Winter Break**

27

**Winter Break**

28

**Winter Break**

29