



School Information: Yogurt (Vanilla, Strawberry) 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

The U.S. Department of Agriculture (www.USDA.gov) prohibits discrimination in all its programs and activities.



Tuesday



Wednesday

Thursday

Friday

Breakfast Pizza **6**
Hash Browns
Applesauce
Choice of Milk

Cinnamon Rolls **7**
Choice of Applesauce or Juice
Choice of Milk

WG Cereal **8**
WG Toast
Fresh Fruit or Juice
Choice of Milk

Grits **9**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Pop Tarts **10**
Choice of Applesauce or Juice
Choice of Milk

WG Cereal **13**
WG Toast
Fresh Fruit or Juice
Choice of Milk

Sausage Biscuit **14**
Hash Browns
Fresh Fruit
Choice of Milk

Grits **15**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Breakfast Pizza **16**
Hash Browns
Applesauce
Choice of Milk

WG Pancakes w/syrup **17**
Hash Browns
Choice of Fruit, Juice or Applesauce
Choice of Milk

Cinnamon Rolls **20**
Choice of Applesauce or Juice
Choice of Milk

Sausage Biscuit **21**
Hash Browns
Fresh Fruit
Choice of Milk

French Toast Stix w/syrup **22**
Hash Browns
Choice of Fruit, Juice or Applesauce
Choice of Milk

WG Cereal **23**
WG Toast
Fresh Fruit or Juice
Choice of Milk

Blueberry Muffins **24**
Choice of Applesauce or Juice
Choice of Milk

Grits **27**
Sausage Patty
WG Toast
Fresh Fruit
Choice of Milk

Pop Tarts **28**
Choice of Applesauce or Juice
Choice of Milk

Breakfast Pizza **29**
Hash Browns
Applesauce
Choice of Milk

WG Pancakes w/syrup **30**
Hash Browns
Choice of Fruit, Juice or Applesauce
Choice of Milk

WG Cereal **31**
WG Toast
Fresh Fruit or Juice
Choice of Milk