



**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.

Blueberry Muffin **1**  
Choice of Applesauce or Juice  
Choice of Milk

WG Cereal **2**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Grits **3**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

Cinnamon Raisin **6**  
Bagel  
Applesauce  
Choice of Milk

Pancake/Sausage **7**  
Hash Browns  
Choice of Applesauce or Fruit  
Choice of Milk

Pop Tarts **8**  
Choice of Applesauce or Juice  
Choice of Milk

Sausage Biscuit **9**  
Hash Browns  
Fresh Fruit  
Choice of Milk

WG Cereal **10**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Grits **13**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

Cinnamon Rolls **14**  
Choice of Applesauce or Juice  
Choice of Milk

WG Cereal **15**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

WG Pancakes **16**  
w/syrup  
Hash Brown Patty  
Choice of Fruit or Juice  
Choice of Milk

Breakfast Pizza **17**  
Hash Browns  
Fresh Fruit  
Choice of Milk

French Toast Stix **20**  
w/syrup  
Hash Brown patty  
Choice of Fruit or Juice  
Choice of Milk

WG Cereal **21**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

**NO SCHOOL** **22**



**NO SCHOOL** **24**

Sausage Biscuit **27**  
Hash Browns  
Fresh Fruit  
Choice of Milk

WG Pancakes **28**  
w/syrup  
Hash Brown Patty  
Choice of Fruit or Juice  
Choice of Milk

WG Cereal **29**  
WG Toast  
Fresh Fruit or Juice  
Choice of Milk

Grits **30**  
Sausage Patty  
WG Toast  
Fresh Fruit  
Choice of Milk

