



This institution is an equal opportunity provider.



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Biscuits & Gravy **2**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Toast, Omelet, Bacon **3**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Twist Donut **4**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Waffles, Sausage, Syrup, Cereal, Cereal Bar, Muffin, Pop Tart **5**
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Donut **6**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Breakfast Pizza **9**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

French Toast Sticks **10**
Sausage Links, Syrup, Cereal Cereal Bar, Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Breakfast Sandwich **11**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Toast, Omelet, Sausage Patty, Cereal, Cereal Bar, Muffin, Pop Tart **12**
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Long John **13**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Biscuits & Gravy **16**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Dutch Waffles, Strawberry **17**
Syrup, Whip Topping
Cereal, Cereal Bar, Muffin, Pop Tart, Yogurt or Boiled Egg, 100% Juice, Choices of Fruit, Milk

Cinnamon Roll **18**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Breakfast Bites, Syrup, K **19**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Donut **20**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Breakfast Pizza **23**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Chocolate Chip French **24**
Toast, Sausage, Syrup
Cereal, Cereal Bar, Muffin, Pop Tart, Yogurt or Boiled Egg, 100% Juice, Choices of Fruit, Milk

Breakfast Sandwich **25**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Cook's Choice **26**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

Long John **27**
Cereal, Cereal Bar
Muffin, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk

30

No School

31

No School

