



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



Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

Assorted Cereal
Sweet Potato Cinnamon Roll
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Bagel w/ Sun Butter
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Maple Burst Pancakes
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Banana Bread
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Zucchini Spice Bread
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

Assorted Cereal
Bagel w/ Cream Cheese
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Sausage Egg & Cheese
Breakfast Slider
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Sweet Potato Cinnamon Roll
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Fruit Delight Bar
Fruit Cup
Chilled Juice
Milk

Assorted Cereal
Zucchini Spice Bread
Fruit
Milk
Chilled Juice

Assorted Cereal
Mini Eggo Waffles
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Bagel w/ Sun Butter
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Maple Burst Pancakes
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Banana Bread
Fresh Fruit
Milk
Chilled Juice

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice