



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

1

Assorted Cereal
Maple Burst Pancakes
Fresh Fruit
Milk
Chilled Juice

2

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

3

Assorted Cereal
Sweet Potato Cinnamon Roll
Fresh Fruit
Milk
Chilled Juice

4

Assorted Cereal
Zucchini Spice Bread
Fresh Fruit
Milk
Chilled Juice

7

Assorted Cereal
UBR Breakfast Round
Fresh Fruit
Milk
Chilled Juice

8

Assorted Cereal
Mini Eggo Waffles
Fresh Fruit
Milk
Chilled Juice

9

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

10

Assorted Cereal
Banana Bread
Fresh Fruit
Milk
Chilled Juice

11

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

14

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

15

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

16

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

17

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

18

Assorted Cereal
Banana Bread
Fresh Fruit
Milk
Chilled Juice

21

Assorted Cereal
Mini Eggo Waffles
Fresh Fruit
Milk
Chilled Juice

22

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

23

Assorted Cereal
Mini Cini Bagel
Fresh Fruit
Milk
Chilled Juice

24

Assorted Cereal
Sweet Potato Cinnamon Roll
Fresh Fruit
Milk
Chilled Juice

25

No School

28

Memorial Day

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

29

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

30

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

31

