



School Information: Breakfast:

23 breakfasts @ \$1.70 = \$39.10
 23 Reduced @ .30 = 6.90

Please keep money on your child's account



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

Juice or fruit served

With every meal

1

W.G. Donuts
 Or cereal
 Fruit

2

Pancakes
 Or cereal
 Fruit

3

Coffee Cake
 Or cereal
 Juice

6

Poptarts
 Or cereal
 Fruit

7

Sausage, egg & cheese
 Muffin
 Or Cereal w/muffin

8

Cook's Choice

9

Strawberry Smoothie
 Or cereal w/bread
 Fruit

10

Choc chip muffin
 Or cereal

13

Mini Waffles
 Or cereal w/string cheese
 Juice

14

Cook's Choice

15

Pancake & Sausage
 Nuggets
 Or cereal
 Fruit

16

Oatmeal or
 Cereal w/nutrigrain bar
 Fruit

17

Breakfast Pizza
 Or cereal w/yogurt
 Fruit

20

Cinnamon Roll
 Or cereal
 Fruit

21

Blueberry Muffin
 Or cereal w/bread
 Juice

22

Cook's Choice

23

Oatmeal
 Or cereal w/bread
 Fruit

24

WG donuts and Fruit

27

Breakfast Boat
 Or cereal w/ bread
 Juice

28

Sausage, egg & cheese
 Muffin
 Or cereal w/muffin
 Juice

29

Pancake & Sausage
 On a Stick
 Or cereal w/bread
 Fruit

30

Poptart
 Or cereal
 Fruit

31

Cook's Choice