



Welcome Back to another school year  
 Cost for Breakfast \$1.25 perday.  
 This institution is an opportunity  
 Provider and employer.



**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

1

2

3

4

7

1)Sausage Biscuit  
 2)Cereal/Toast  
 Fruit

8

1)Scrambled Eggs  
 Sausage/Toast  
 2)Cereal/Toast  
 Fruit

9

1)Pancake Pup  
 2)Cereal/Toast  
 Fruit

10

1)Grits/Sausage  
 Toast  
 2)Cereal/Toast  
 Fruit

11

1)Mini Pancake/Sausage  
 2)Cereal/Toast  
 Fruit

14

1)Breakfast Pizza  
 2)Cereal/Toast  
 Fruit

15

1)Bacon-Egg-Cheese  
 Biscuit  
 2)Cereal/Toast  
 Fruit

16

1)Cini Mini/Sausage  
 2)Cereal/Toast  
 Fruit

17

1)French Toast Sticks  
 2)Cereal/Toast  
 Fruit

18

1)Breakfast Bagel  
 2)Cereal/Toast  
 Fruit

21

1)Chicken Biscuit  
 2)Cereal/Toast  
 Fruit

22

1)Mini Waffle/Sausage  
 2)Cereal/Toast  
 Fruit

23

1)Scrambled Eggs  
 Sausage/Toast  
 2)Cereal/Toast  
 Fruit

24

1)Grits/Sausage/Toast  
 2)Cereal/Toast  
 Fruit

25

1)Pancake Pup  
 2)Cereal/Toast  
 Fruit

28

1)Sausage Biscuit  
 2)Cereal/Toast  
 Fruit

29

1)Breakfast Pizza  
 2)Cereal/Toast  
 Fruit

30

1)Mini Pancake/Sausage  
 2)Cereal/Toast  
 Fruit

31