



Welcome Back to another school year  
 Cost for Breakfast \$1.25 per day.  
 This institution is an equal 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

- 8
- 1) Sausage Biscuit
  - 2) Cereal/Pop Tart
  - 3) Strawberry Yogurt Parfait
- Fruit/Juice

- 9
- 1) Scrambled Eggs
  - Grilled Cheese
  - 2) Cereal/Pop Tart
- Fruit/Juice

- 10
- 1) Pancake Pup
  - 2) Cereal/Pop Tart
  - 3) Strawberry Yogurt Parfait
- Fruit/Juice

- 11
- 1) Grits/Sausage
  - Toast
  - 2) Cereal/Pop Tart
- Fruit

- 14
- 1) Pancake/Sausage
  - Grits
  - 2) Cereal/Pop Tart
- Fruit/Juice

- 15
- 1) Breakfast Pizza
  - 2) Cereal/Pop Tart
  - 3) Strawberry Yogurt Parfait
- Fruit/Juice

- 16
- 1) Bacon-Egg-Cheese
  - Biscuit
  - 2) Cereal/Pop Tart
- Fruit/Juice

- 17
- 1) Cini Mini/Sausage
  - 2) Cereal/Pop Tart
  - 3) Strawberry Yogurt Parfait
- Fruit/Juice

- 18
- 1) French Toast Sticks
  - 2) Cereal/Pop Tart
- Fruit/Juice

- 21
- 1) Sausage Biscuit /Grits
  - 2) Cereal/Pop Tart
- Fruit/Juice

- 22
- 1) Chicken Biscuit
  - 2) Cereal/Pop Tart
  - 3) Strawberry Yogurt Parfait
- Fruit/Juice

- 23
- 1) Mini Waffle/Sausage
  - 2) Cereal/Pop Tart
- Fruit/Juice

- 24
- 1) Scrambled Eggs
  - Grilled Cheese
  - 2) Cereal/Pop Tart
  - 3) Strawberry Yogurt Parfait
- Fruit/Juice

- 25
- 1) Grits/Sausage/Toast
  - 2) Cereal/Pop Tart
- Fruit/Juice

- 28
- 1) Sausage Biscuit /Grits
  - 2) Cereal/ Pop Tart
- Fruit/Juice

- 29
- 1) Pancake Pup
  - 2) Cereal/Pop Tart
  - 3) Strawberry Yogurt Parfait
- Fruit/Juice

- 30
- 1) Breakfast Pizza
  - 2) Cereal/Pop Tart
- Fruit/Juice

- 31
- 1) Pancake/Sausage
  - 2) Cereal/ Pop Tart
  - 3) Strawberry Yogurt Parfait
- Fruit/Juice

