



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.
This institution is an equal opportunity provider and employer.



Monday

Tuesday

Wednesday

Thursday

Friday



Labor Day
NO SCHOOL

4

1)French Toast
2)Cereal/Toast
Fruit

5

1)Chicken Biscuit
2)Cereal/Toast
Fruit

6

1)Pancake Pup
2)Cereal/Toast
Fruit

7

1)Scrambled Eggs
Sausage
2)Cereal/Toast
Fruit

1

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

8

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

11

1)Breakfast Bagel
2)Cereal/Toast
Fruit

12

1)Breakfast Burrito
2)Cereal/Toast
Fruit

13

1)Breakfast Pizza
2)Cereal/Toast

14

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

15

1)Sausage Biscuit
2)Cereal/Toast
Fruit

18

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

19

1)French Toast
2)Cereal/Toast
Fruit/Juice

20

1)Breakfast Bagel
2)Cereal/Toast
Fruit

21

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

22

1)Pancake Pup
2)Cereal/Toast
Fruit

25

1)Chicken Biscuit
2)Cereal/Toast
Fruit

26

1)Breakfast Burrito
2)Cereal/Toast
Fruit

27

1)Steak Biscuit
2)Cereal/Toast

28

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

29