



**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



1)Pancake Pup  
2)Cereal/Toast  
Fruit

5

1)Sausage Biscuit  
2)Cereal/Toast  
Fruit

6

1)Breakfast Burrito  
2)Cereal/Toast  
Fruit

7

1)Breakfast Bagel  
2)Cereal/Toast  
Fruit

1

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

2

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

12

1)Breakfast Bagel  
2)Cereal/Toast  
Fruit

13

1)French Toast Sticks  
2)Cereal/Toast  
Fruit

14

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

8

1)Grits/Toast  
2)Cereal/Toast  
Fruit

9

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

15

1)Cinna Mini  
2)Cereal/Toast  
Fruit

16

1)Chicken Biscuit  
2)Cereal/Toast

19

1)Pancake Pup  
2)Cereal/Toast  
Fruit

20

1)Breakfast Pizza  
2)Cereal/Toast  
Fruit

21

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

22

1)Grits/Toast  
2)Cereal/Toast  
Fruit

23

1)Breakfast Burrito  
2)Cereal/Toast  
Fruit

26

1)French Toast Sticks  
2)Cereal/Toast  
Fruit

27

1)Sausage Biscuit  
2)Cereal/Toast  
Fruit

28

1)Cinna Mini  
2)Cereal/Toast  
Fruit

29

GOOD FRIDAY  
NO SCHOOL

30