



**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 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