



**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 intuition is an equal opportunity provider and employer



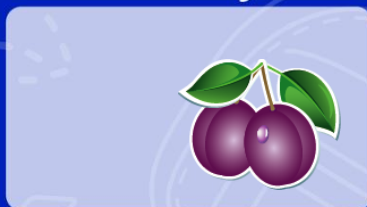
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



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

1)Scrambled Eggs  
Bacon  
2)Cereal/Toast  
Fruit

Mardi Gras 4

Mardi Gras 5

1)Scrambled Eggs  
2)Cereal/Toast  
Fruit 6

1)Pancake Pup  
2)Cereal/Toast  
Fruit 7

1)Grits  
2)Cereal/Toast  
Fruit 8

1)Breakfast Bagel  
2)Cereal/Toast  
Fruit 11

1)Sausage Biscuit  
2)Cereal/Toast  
Fruit 12

1)Breakfast Boat  
2)Cereal/Toast  
Fruit 13

1)French Toast Sticks  
2)Cereal/Toast  
Fruit 14

1)Cinna Mini  
2)Cereal/Toast  
Fruit 15

1)Bacon-Egg-Cheese  
Biscuit  
2)Cereal/Toast  
Fruit 18

1)Breakfast Burrito  
2)Cereal/Toast  
Fruit 19

1)Scrambled Eggs  
Sausage  
2)Cereal/Toast  
Fruit 20

1)Pancake Pup  
2)Cereal/Toast  
Fruit 21

1)French Toast Sticks  
2)Cereal/Toast  
Fruit 22

1)Chicken Biscuit  
2)Cereal/Toast  
Fruit 25

1)Mini Pancake/Sausage  
2)Cereal/toast  
Fruit 26

1)Breakfast Boat  
2)Cereal/Toast  
Fruit 27

1)Breakfast Bagel  
2)Cereal/Toast/Fruit 28

1)Grits  
2)Cereal/Toast  
Fruit 29