



This institution is an equal opportunity provider



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



Monday

3

Tuesday

4

Wednesday

5

Thursday

6

Friday

7

Sausage Biscuit
Cereal/Toast
Fruit

10

Mini Pancake/Sausage
Cereal/Toast
Fruit

11

Breakfast Burrito
Cereal/Toast
Fruit

12

Scrambled Eggs
Bacon/Toast
Cereal/Toast
Fruit

13

Cinna Mini
Cereal/Toast
Fruit

14

Bacon-Egg-Cheese
Biscuit
Cereal/Toast
Fruit

17

Pancake on Stick
Cereal/Toast
Fruit

18

Breakfast Pizza
Cereal/Toast
Fruit

19

French Toast Sticks
Cereal/Toast
Fruit

20

Breakfast Burrito
Cereal/Toast
Fruit

21

Chicken Biscuit
Cereal/Toast
Fruit

24

Pancake on Stick
Cereal/Toast
Fruit

25

Breakfast Burrito
Cereal/Toast
Fruit

26

Mini Pancake
Sausage
Cereal/Toast
Fruit

27

Grits/Sausage/Toast
Cereal/Toast
Fruit

28

Sausage Biscuit
Cereal/Toast
Fruit

31

