



**This intuition is an equal opportunity provider**  
**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Sausage Biscuit  
Fruit

2

Breakfast Bagel  
Fruit

3

Banana Muffin  
Fruit

4

Cinni Mini  
Fruit

5

Breakfast Pizza  
Fruit

6

Chicken Biscuit  
Fruit

9

Breakfast Burrito  
Fruit

10

Powdered Doughnut  
Fruit

11

Pancake on Stick  
Fruit

12

Blueberry Muffin  
Fruit

13

Bacon-Egg-Cheese  
Biscuit  
Fruit

16

French Toast Sticks  
Fruit

17

Breakfast Bagel  
Fruit

18

Banana Muffin  
Fruit

19

Breakfast Burrito  
Fruit

20

Sausage Biscuit  
Fruit

23

Mini Pancake  
Sausage  
Fruit

24

Blueberry Muffin  
Fruit

25

**HAVE A HAPPY AND  
SAFE SUMMER**

26

27

30

31

