



This intuition is an equal opportunity Provider
Menu is subject to change without notice
PRK 2



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 **2**
 Peaches
 Milk

Bagel ½ **3**
 W/ Fruit Spread
 Pineapple
 Milk

Banana Muffin **4**
 Tropical Fruit
 Milk

Cinni Mini **5**
 Apple Sauce
 Milk

French Toast Sticks **6**
 Pears
 Milk

Chicken Biscuit **9**
 Mixed Fruit
 Milk

Rice Krispy's **10**
 Banana ½
 Milk

Pancake **11**
 Apple Slices
 Milk

Cheese Toast **12**
 Mandarin Oranges
 Milk

Blue Berry Muffin **13**
 Tropical Fruit
 Milk

Sausage Biscuit **16**
 Pineapple
 Milk

17

18

19

20

23

24

25

26

27

30

31

