



School Information: ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE!!! ALL MEALS ARE FREE FOR STUDENTS Choice of Milk with every meal.



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



5

12

Pizza Sliders
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit/Juice
Milk

19

Breakfast Pizza
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit/Juice
Milk

26

Pizza Sliders
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit/Juice
Milk

Tuesday

6

13

Mini Waffles
Cereal
Toast
Hard-Boiled Egg
Fresh Fruit/Juice
Milk

20

Egg & Cheese Omelet w/
Mini Loaf
Cereal
Toast
Hard-Boiled Egg
Fresh Fruit/Juice
Milk

27

Mini French Toast
Cereal
Toast
Hard-Boiled Egg
Fresh Fruit/Juice
Milk

Wednesday

7

14

Sausage Biscuit
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit/Juice
Milk

21

Egg & Cheese Melt
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit/Juice
Milk

28

Ham & Cheese English Muffin
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit/Juice
Milk

Thursday

1

8

15

Apple Farmer's Bar
Cereal
Toast
Yogurt
Fresh Fruit/Juice
Milk

22

Yogurt
Graham Cookies
Cereal
Toast
Yogurt
Fresh Fruit/Juice/Milk

29

Sausage Pancake Wraps
Cereal
Toast
Yogurt
Fresh Fruit/Juice
Milk

Friday

2

9

16

Sausage Egg & Cheese Tornado
Cereal
Graham Cookie
Peanut Butter Cup
Fresh Fruit/Juice
Milk

23

Mini Pancakes
Cereal
Graham Cookies
Peanut Butter Cup
Fresh Fruit/Juice
Milk

30

Rolled Breakfast Taco
Cereal
Graham Cookies
Peanut Butter Cup
Fresh Fruit/Juice
Milk