



School Information:

All Meats meet USDA guidelines for a healthy school breakfast!
 All Students must have a serving of fresh fruit for breakfast.
 All grains served are whole grain rich.



Nutritional Tip:

Practice Stealth Health-Sneak Veggies into your favorite foods.
 Go light on the meat & top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and/or artichoke hearts.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Trix Cereal Bar
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

2

Banana Bread
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

3

Blueberry Muffin
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

4

Cinnamon French Toast
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

5

Cinnamon Roll
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

8

Chocolate Chip Corn Bread
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

9

NO

10

SCHOOL

11

Nutri Grain Bar W/Crackers
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

12

Strawberry Banana Yogurt
 W/ Crackers
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

15

Oatmeal bar (Ubr)
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

16

Chocolate Chip Muffin
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

17

Cinnamon Roll
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

18

Corn Bread
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

19

Crunch Mania
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

22

Banana Bread
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

23

Zee Zee Breakfast Bar
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

24

Bagel W/ Cream Cheese
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

25

Blueberry Muffin
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

26

Oatmeal bar (Ubr)
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

29

Nutri Grain Bar W/Crackers
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

30

Corn Bread
 One Cup Serving Fresh Fruits
 Unflavored Low-Fat/
 Fat- Free Milk

