



### 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

**NO SCHOOL**

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### TUESDAY

Banana Bread **3**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

### WEDNESDAY

Blueberry Muffin **4**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

### THURSDAY

Cake Crumb **5**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

### FRIDAY

Cinnamon Roll **6**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Strawberry Banana **9**  
 Go-gurt W/ Crackers  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Benefits Oatmeal Bar **10**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Chocolate Chip Cornbread **11**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Nutri-Grain Bar W/Crackers **12**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Zee Zee Breakfast Bar **13**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Oatmeal Bar (Ubr) **16**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Chocolate Chip Muffin **17**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Cinnamon Roll **18**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Corn Bread **19**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

WG Bagel W/Cream Cheese **20**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Go-gurt/Graham Vanilla **23**  
 Chatsnax  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Zee Zee Breakfast Bar **24**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Cinnamon Toast Bar, **25**  
 Soft Filled  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Blueberry Muffin **26**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Banana Bread **27**  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

Go-gurt W/Cinnamon **30**  
 Graham Crackers  
 One Cup Serving Fresh Fruits  
 Unflavored Low-Fat/ Fat Free Milk

