



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

2

3

4

5

6

Strawberry Banana
 Go-gurt W/ Crackers

9

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
 Chatsnax

23

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,
 Soft Filled

25

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

