



**School Information:** Breakfast starts at 7:50;  
Tardy bell rings at 8:20.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Cereal  
Milk  
Juice  
Fruit **4**

English Muffin or Biscuit **5**  
Sausage or Egg  
Milk  
Juice  
Fruit

French Toast **6**  
or Pancakes w/ Syrup  
Milk  
Fruit  
Juice

Pop Tart **7**  
Milk  
Fruit  
Juice

Cereal **8**  
Milk  
Juice  
Fruit

Cereal **11**  
Milk  
Juice  
Fruit

Nutrigrain Bar **12**  
Milk  
Juice  
Fruit

Breakfast Pizza **13**  
Milk  
Juice  
Fruit

Cinnamon Roll **14**  
Milk  
Fruit  
Juice

Cereal **15**  
Milk  
Juice  
Fruit

Cereal **18**  
Milk  
Juice  
Fruit

English Muffin or Biscuit **19**  
Sausage or Egg  
Milk  
Juice  
Fruit

Banana Bread Slice or Muffin **20**  
Milk  
Fruit  
Juice

Pop Tart **21**  
Milk  
Fruit  
Juice

Cereal **22**  
Milk  
Juice  
Fruit

Cereal **25**  
Milk  
Juice  
Fruit

Toast w/ Cheese **26**  
and/or Egg  
Milk  
Juice  
Fruit

Blueberry Muffin or Slice **27**  
Milk  
Fruit  
Juice

Dutch Waffle **28**  
Milk  
Fruit  
Juice

Cereal **29**  
Milk  
Juice  
Fruit