



**School Information:** School Breakfast is available every school Day.

Remember that a healthy Breakfast is important brain food.



**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

Winter Break- 2  
No School Today

Welcome Back to School! 3  
Pancake on a stick  
Fruit Cocktail  
Juice Choice, Milk Choice

Whole Grain Cereal 4  
Cheese stick  
Orange Halves,  
Juice Choice, Milk Choice

Sausage Biscuit 5  
Pineapple Tidbits  
Fruit Juice, Milk Choice

Whole Grain Muffin 6  
Cereal Tropical fruit  
Juice Choice  
Milk Choice

9  
Whole Grain Cereal  
String Cheese , Apple Half  
Juice Choice, Milk Choice

10  
Biscuit & Gravy  
Pineapple Tidbits  
Juice Choice, Milk Choice

11  
WG Poptart, Cereal  
Banana  
Juice Choice, Milk Choice

12  
Breakfast Pizza  
Fruit Cocktail  
Juice Choice, Milk Choice

13  
Egg Taco w/Salsa  
Graham Snacks, Orange  
Juice Choice, Milk Choice

16  
No School today

17  
Mini Waffles & Syrup  
Banana, Juice Choice  
Milk Choice

18  
Whole Wheat Bagel  
Cream Cheese, Orange  
Juice Choice, Milk Choice

19  
Pancakes, Sausage Patty  
Diced Pears, Juice Choice  
Milk Choice

20  
WG Cinnamon Roll  
Apple Halves  
Juice Choice, Milk Choice

23  
Breakfast Pizza  
Fruit Cocktail  
Juice Choice, Milk Choice

24  
Pancake On A Stick  
Banana  
Juice Choice, Milk Choice

25  
Oatmeal Round & Yogurt  
Strawberry & Banana,  
Juice Choice, Milk Choice

26  
French Toast Sticks, Syrup  
Orange Halves  
Juice Choice, Milk Choice

27  
Whole Wheat Bagel  
Cream Cheese, Apple  
Fruit Juice Choice, Milk

30  
Whole Grain Cereal  
String Cheese Diced Pear  
Juice Choice, Milk Choice

31  
Biscuit & Gravy  
Banana, Fruit Juice Choice  
Milk Choice

1<sup>st</sup>- WG Muffin  
2<sup>nd</sup>. Poptart  
3<sup>rd</sup> -Sausage Biscuit

