

Enjoy Your Day!



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



Monday



Tuesday

Wednesday

Good Morning!

Thursday

Friday

5

6

Welcome To Breakfast!

7

1

2

What has to be on my Breakfast Tray?
1 serving Fruit or Fruit Juice
1 Grain or Meat Alternate
1 Milk

What can I have on my Tray? 1 Serving Fruit
1 Serving Juice
1 Serving Milk
1 Grain and 1 MMA
2 Grain

12

13

14

15

16

Questions? Ask the helpers in the Breakfast area..

19

20

Breakfast Pizza
Fruit Juice
Milk Choice

21

WG Cereal Choice
Cheese Stick
Fruit Juice
Milk Choice

22

French Toast Sticks
Syrup Cup
Fruit Juice
Milk Choice

23

Pancake on a Stick
Fruit Juice
Milk Choice

26

WG Cereal Choice
Yogurt Cup
Fruit Juice
Milk Choice

27

Cinnamon Roll
Fruit Juice
Milk Choice

28

Breakfast Pizza
Fruit Juice
Milk Choice

29

French Toast Sticks
Syrup Cup
Fruit Juice Choice
Milk Choice

30