



**Nondiscrimination Statement:** This institute is an equal opportunity employer.



**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



Mini Cinnamon Rolls  
Orange Juice  
Milk **4**

Toast w/ Yogurt  
Fruit Cup  
Milk **5**

Pancake 'N Sausage  
Orange Juice  
Milk **6**

Waffles  
Orange Juice  
Milk **7**

Biscuits & Gravy  
Orange Juice  
Milk **1**

Breakfast Pizza  
Applesauce Cup  
Milk **8**

French Toast Bites  
Fruit Cup  
Milk **11**

Breakfast Sandwich  
Orange Juice  
Milk **12**

Cinnamon Cake  
Applesauce Cup  
Milk **13**

Bagels  
Orange Juice  
Milk **14**

**No School** **15**

Mini Cinnamon Rolls  
Orange Juice  
Milk **18**

Toast w/ Yogurt  
Fruit Cup  
Milk **19**

Pancake 'N Sausage  
Orange Juice  
Milk **20**

Waffles  
Orange Juice  
Milk **21**

Breakfast Pizza  
Applesauce Cup  
Milk **22**

French Toast Bites  
Fruit Cup  
Milk **25**

Breakfast Sandwich  
Orange Juice  
Milk **26**

Cinnamon Cake  
Applesauce Cup  
Milk **27**

Bagels  
Orange Juice  
Milk **28**

Biscuits & Gravy  
Orange Juice  
Milk **29**