



All meals meet USDA guidelines for a healthy school breakfast  
 All Students **MUST** have a serving of Fruit for Breakfast!  
 All Grains served are Whole Grain Rich.

All students are eligible for Free School Meals.  
 Menu Choices are subject to change.  
 This institution is an equal opportunity provider.



**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

1

No School

2

No School

3

No School

4

No School

7

**Assorted Breakfast Cereal**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

8

**Chocolate Chip Muffin**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

9

**Bageler with Plain Cream Chee**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

10

**Bar Cocoa Cherry**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

11

**Egg & Cheese Wrap**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

14

**French Toast Sticks**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

15

**Mini Waffles**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

16

**Bun Cinnamon Super Stix**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

17

**Plain Bagel & Cream Cheese**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

18

**Assorted Oatmeal Bars**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

21

No School

22

**Blueberry Muffin**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

23

**Cinnamon Roll**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

24

**Bageler with Plain Cream Chee:**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

25

**Texas Apple Cinnamon Toast**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

28

**Bar Cocoa Cherry**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

29

**Banana Bread**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

30

**Assorted Oatmeal Bars**  
**Assorted Breakfast Rounds**  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

31

**Chocolate Chip Muffin**  
**Assorted Breakfast Rounds**  
 One cup serving Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

