

Monday

Tuesday

Wednesday

Thursday

Friday

1



2

No School



3

Mini Pancakes
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

4

Breakfast on a Stick
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

7

French Toast Sticks
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

8

Egg & Cheese Wrap
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

9

Egg Pop & Cheese Stick
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

10

Homemade Breakfast Bar
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

11

Breakfast Sandwich
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

14

Mini Pancakes
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

15

Yogurt Parfait
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

16

Breakfast Grilled Cheese
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

17

Fresh Baked Muffin
 4 oz. Yogurt
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

18

Breakfast on a Stick
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

21

No school



22

Whole Grain Pop Tart
 4 oz. Yogurt
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

23

Scrambled Eggs
 ½ bagel
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

24

Breakfast Cookie
 4 oz. Yogurt
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

25

Breakfast Sandwich
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

28

French Toast Sticks
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

29

Bagel
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

30

Cheese Omelet
 ½ Bagel
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

31

Fresh Baked Muffin
 4 oz. Yogurt
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk