



School Information 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

WG Cherry Frudal

1

Tuesday

Raspberry Churro
And Sausage Patties

2

Wednesday

Pancake on a Stick

3

Thursday

Donut Day
Long John

4

Friday

Daily Choices Variety of Mill
Juice and Fruit. WG Muffin or WG Cereal. All grain products are WG

5

Breakfast Pizza

8

French toast and
Sausage patties

9

Biscuit and Gravy

10

Donut Day
Long John

11

No School

12

Pancake on a Stick

15

Chicken Fried Steak
Strips with Country gravy

16

Breakfast sausage, cheese
biscuit

17

Donut Day
Long John

18

No school

19

Cini Mini's

22

Sausage and Cheese
Breakfast Burrito

23

WG Cherry Frudal

24

Donut Day
Long John

25

No School

26

Biscuit and Gravy

29

Breakfast Pizza

30

