



School Information: This institution is an equal opportunity employer and provider
1% White Milk and Fat Free Skim Milk offered Daily



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

Toasted O's Cereal **3**
Applesauce Cup
White Milk

Tuesday

Fruit Mini Muffin **4**
100% Fruit Juice Cup
White Milk

Wednesday

Whole Grain Cereal **5**
Applesauce Cup
White Milk

Thursday

Whole Grain Biscuit **6**
w/ Jelly Packet
100% Fruit Juice & Milk

Friday

Hard Boiled Egg **10**
100% Fruit Juice
White Milk

Whole Grain Cereal **11**
Applesauce Cup
White Milk

Cheese Stick **12**
100% Fruit Juice
White Milk

Fruit Mini Muffin **13**
Applesauce Cup
White Milk

Toasted O's Cereal **17**
Applesauce Cup
White Milk

Hard Boiled Egg **18**
100% Fruit Juice
White Milk

19

20

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24

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