

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL TODAY	ASSORTED CEREAL (OR) PANCAKES JUICE (OR) APPLESAUCE CHOICE OF MILK 3	ASSORTED CEREAL (OR) BR.SUGAR CINN. OATMEAL TOAST JUICE (OR) APPLE CHOICE OF MILK 4	ASSORTED CEREAL (OR) BREAKFAST PIZZA YOGURT & GRANOLA JUICE (OR) PEACHES CHOICE OF MILK 5	ASSORTED CEREAL (OR) SAUS, EGG & CHS BISCUIT HASH BROWN POTATOES JUICE (OR) TROPICAL FRUIT CHOICE OF MILK 6
ASSORTED CEREAL (OR) FRENCH TOAST STICKS JUICE (OR) APPLESAUCE CHOICE OF MILK 9	ASSORTED CEREAL (OR) BISCUIT/GRAVY CHICKEN BREAKFAST PATTY JUICE (OR) PEARS CHOICE OF MILK 10	ASSORTED CEREAL (OR) BR.SUGAR CINN. OATMEAL TOAST JUICE (OR) APPLE CHOICE OF MILK 11	ASSORTED CEREAL (OR) SAUSAGE/EGG/CHEESE MUFFIN HASH BROWN POTATOES JUICE (OR) TROPICAL FRUIT CHOICE OF MILK 12	ASSORTED CEREAL (OR) BISCUIT/GRAVY SAUSAGE JUICE (OR) ORANGE CHOICE OF MILK 13
ASSORTED CEREAL (OR) WAFFLES JUICE (OR) APPLESAUCE CHOICE OF MILK 16	ASSORTED CEREAL (OR) BISCUIT/GRAVY SAUSAGE JUICE (OR) TROPICAL FRUIT CHOICE OF MILK 17	ASSORTED CEREAL (OR) BR.SUGAR CINN. OATMEAL TOAST JUICE (OR) PEACHES CHOICE OF MILK 18	ASSORTED CEREAL (OR) BAGEL SANDWICH JUICE (OR) BANANA CHOICE OF MILK 19	ASSORTED CEREAL (OR) PB GRANOLA BAR WITH JUICE (OR) YOGURT & FRUIT CHOICE OF MILK 20
ASSORTED CEREAL (OR) BISCUIT/GRAVY SAUSAGE JUICE (OR) PEACHES CHOICE OF MILK 23	ASSORTED CEREAL (OR) PANCAKES BACON JUICE (OR) SLICED PEARS CHOICE OF MILK 24	ASSORTED CEREAL (OR) BR.SUGAR CINN. OATMEAL TOAST JUICE (OR) TROPICAL FRUIT CHOICE OF MILK 25	ASSORTED CEREAL (OR) CINN. STREUSEL CAKE WITH JUICE (OR) YOGURT & FRUIT CHOICE OF MILK 26	ASSORTED CEREAL (OR) OMLLET SAUSAGE TOAST JUICE (OR) APRICOTS CHOICE OF MILK 27
ASSORTED CEREAL (OR) PANCAKES JUICE (OR) CINN. APPLESAUCE CHOICE OF MILK 30	ASSORTED CEREAL AND OATMEAL MUFFIN SQUARE JUICE (OR) FRUIT NUT MIX CHOICE OF MILK 31	BREAKFAST FACT In a 10-year study of more than 2000 girls, those who ate breakfast frequently were less likely to become overweight during adolescence than those who rarely ate breakfast. ¹		

NUTRITION TIP: Stay Active

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



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