



School Information: FHS
Volene Walton, Manager



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. "USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"



Monday

Tuesday

Wednesday

Thursday

Friday

Cinni Mini
Fruit

1

Waffle
Fruit

2

Sausage Biscuit
Juice

3

Blueberry Muffin
Juice

4

Cereal Graham Cracker
Fruit

5

Pancake Pup
Fruit

8

Pancake
Juice

9

Ham & Biscuit
Fruit

10

Chicken & Biscuit
Juice

11

Waffle
Fruit

12

Cereal Bar
Fruit

15

Cinni Mini
Fruit

16

Chicken Biscuit
Juice

17

Waffle
Fruit

18

Pancake Pup
Juice

19

Type your text here

22

Type your text here

23

Type your text here

24

Type your text here

25

Type your text here

26

Type your text here

29

Type your text here

30

Type your text here

31

