



School Information: BMS
George Brown, 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

Poptarts
Fruit

1

Tuesday

Cereal
Graham Crackers
Juice

2

Wednesday

Waffle
Fruit

3

Thursday

Sausage & Biscuit
Juice

4

Friday

Cereal Bar
Fruit

5

Pancakes
Fruit

8

Sausage Biscuit
Juice

9

Blueberry Muffins
Fruit

10

Mini Cinni
Fruit

11

Chicken Biscuit
Juice

12

Cereal Bar
Juice

15

Poptarts
Fruit

16

Waffles
Juice

17

Sausage & Biscuit
Fruit

18

Super Bun
Juice

19

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