



**School Information:**  
Homewood City Schools  
Breakfast 1 hour before the bell  
205-877-4547  
Erin Chelewski, CNP Director



**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



### Tuesday

### Wednesday

### Thursday

### Friday

Daily Breakfast Options Offered **1**

Fruit and Yogurt Parfait  
Variety of Cereal Choices  
Toast, Muffin, or Bagels  
Breakfast Grab and Go Box

**2**

**3**

**4**

**7**

**8**

**9**

Cinnamon Roll  
And Yogurt Cup or Oatmeal  
Fresh Fruit  
Juice or Milk

**10**

Sausage Biscuit  
Fresh Fruit  
Juice or Milk

**11**

French Toast Sticks  
Fresh Fruit  
Juice or Milk

**14**

Breakfast Sandwich  
Fresh Fruit  
Juice or Milk

**8**

Pancakes  
Fresh Fruit  
Juice or Milk

**16**

Cinnamon Roll  
And Yogurt Cup or Oatmeal  
Fresh Fruit  
Juice or Milk

**17**

Sausage Biscuit  
Fresh Fruit  
Juice or Milk

**18**

French Toast Sticks  
Fresh Fruit  
Juice or Milk

**21**

Breakfast Sandwich  
Fresh Fruit  
Juice or Milk

**22**

Pancakes  
Fresh Fruit  
Juice or Milk

**23**

Cinnamon Roll  
And Yogurt Cup or Oatmeal  
Fresh Fruit  
Juice or Milk

**24**

Sausage Biscuit  
Fresh Fruit  
Juice or Milk

**25**

French Toast Sticks  
Fresh Fruit  
Juice or Milk

**28**

Breakfast Sandwich  
Fresh Fruit  
Juice or Milk

**29**

Pancakes  
Fresh Fruit  
Juice or Milk

**30**

Cinnamon Roll  
And Yogurt Cup or Oatmeal  
Fresh Fruit  
Juice or Milk

**31**

Sausage Biscuit  
Fresh Fruit  
Juice or Milk

