



**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

**Breakfast Prices:**

**Full Pay \$1.00**

**Reduced: \$0.00**

### Tuesday

Menus are subject to change.  
**"This institution is an equal opportunity provider."**

### Wednesday

### Thursday

### Friday

Pancake on Stick **6**  
 Biscuit/ Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Pancake **7**  
 Biscuit / Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Breakfast Pizza or Boat **8**  
 Biscuit/ Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Breakfast Pizza or Boat **9**  
 Ham Breakfast Sandwich  
 Biscuit / Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Biscuit / Sausage or Chicken **10**  
 Egg  
 Cereal  
 Pastry/ Grain Items

Pancake on Stick **13**  
 Biscuit/ Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

French Toast Sticks (3) **14**  
 Biscuit/ Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Breakfast Pizza or Boat **15**  
 Biscuit/ Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Breakfast Pizza or Boat **16**  
 Ham Breakfast Sandwich  
 Biscuit / Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Biscuit / Sausage or Chicken **17**  
 Egg  
 Cereal  
 Pastry/ Grain Item

No School **20**

Pancake **21**  
 Biscuit / Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Breakfast Pizza or Boat **22**  
 Biscuit/ Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Breakfast Pizza or Boat **23**  
 Ham Breakfast Sandwich  
 Biscuit / Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Biscuit / Sausage or Chicken **24**  
 Egg  
 Cereal  
 Pastry/ Grain Items

Pancake on Stick **27**  
 Biscuit/ Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

French Toast Sticks (3) **28**  
 Biscuit/ Sausage or Chicken  
 Cereal  
 Pastry/ Grain Items

Served Daily:  
 Fresh Fruit or Chilled Fruit  
 Fruit Juice  
 Milk Variety  
 Pastry / Grain Items

