



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

SUMMER BREAK 7

SUMMER BREAK 8

SUMMER BREAK 9

SUMMER BREAK 10

SUMMER BREAK 11

SUMMER BREAK 14

SUMMER BREAK 15

WG English Muffin w/
Ham
Banana
Choice of Milk 16

Mini Pancakes
Pear
Choice of Milk 17

Breakfast Pizza
Apple Slices
Juice Cup
Choice of Milk 18

PB&J Uncrustable
Banana
Choice of Milk 21

Cinnamon Toast Crunch
String Cheese
Apple
Choice of Milk 22

Mini Bagels w/
Cream Cheese
Orange Slices
Juice cup
Choice of Milk 23

Muffin
Boiled Egg
Apple
Choice of Milk 24

Assorted Cereal
Fresh Fruit
Juice Cup
Choice of Milk 25

Breakfast Wrap
Pear
Choice of Milk 28

Iced Cinnamon Roll
Orange slices
Juice Cup
Choice of Milk 29

Assorted Cereal
String Cheese
Apple Slices
Choice of Milk 30

Banana Bread
Yogurt
Orange slices
Choice of Milk 31