



**Nutrition Tip:** Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.

Reference: USDA MyPlate



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



1  
Mini Pancakes w/Syrup  
Link Sausage  
Choice of Fruit & Fruit Juice  
Choice of Milk

4  
Sausage Biscuit  
Choice of Fruit & Fruit Juice  
Choice of Milk

5  
Cereal  
Choice of Fruit & Fruit Juice  
Choice of Milk

6  
Sausage Bowl  
Choice of Fruit & Fruit Juice  
Choice of Milk

7  
Mini Pancakes w/Syrup  
Link Sausage  
Choice of Fruit & Fruit Juice  
Choice of Milk

8  
Breakfast Pizza  
Choice of Fruit & Fruit Juice  
Choice of Milk

11  
**No School**  


12  
Pop Tarts  
Choice of Fruit & Fruit Juice  
Choice of Milk

13  
Cereal Pack  
Choice of Fruit & Fruit Juice  
Choice of Milk

14  
French Toast Sticks  
Sausage Link  
Choice of Fruit & Fruit Juice  
Choice of Milk

15  
Breakfast Burritos  
Salsa  
Choice of Fruit & Fruit Juice  
Choice of Milk

18  
Pop Tarts  
Choice of Fruit & Fruit Juice  
Choice of Milk

19  
Cinnamon Roll w/Icing  
Assorted Cereal  
Choice of Fruit & Fruit Juice  
Choice of Milk

20  
Grits  
Sausage  
Toast  
Choice of Fruit & Fruit Juice  
Choice of Milk

21  
Sausage & Cheese Biscuit  
Choice of Fruit & Fruit Juice  
Choice of Milk

22  
Muffin  
Assorted Cereal  
Choice of Fruit & Fruit Juice  
Choice of Milk

