



This institution is an equal opportunity employer



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Omelet

3

Cereal, Toast

Juice, Fruit, Milk

Breakfast Cookie

4

Cereal, Toast

Juice, Fruit, Milk

Glazed Donut

5

Cereal, Toast

Juice, Fruit, Milk

Pretzel and Cheese

6

Cereal, Toast

Juice, Fruit, Milk

Long Johns

7

Cereal, Toast

Juice, Fruit, Milk

French Toast Sticks

10

Cereal, Toast

Juice, Fruit, Milk

Breakfast Pizza

11

Cereal, Toast

Juice, Fruit, Milk

Cream Cheese Croissant

12

Cereal, Toast

Juice, Fruit, Milk

Yogurt

13

Cereal, Toast

Juice, Fruit, Milk

Long Johns

14

Cereal, Toast

Juice, Fruit, Milk

Pancakes

17

Cereal, Toast

Juice, Fruit, Milk

Muffins

18

Cereal, Toast

Juice, Fruit, Milk

Cooks Choice

19

Cooks Choice

20

Cooks Choice

21

24

25

26

27

28

31

