

**\*\*\*Breakfast Menu\*\*\***

Monday's - Breakfast Bar, Cheddar Cheese Stick, Halo, Milk

Tuesday's - Cereal Bowl, Banana, Milk

Wednesday - Yogurt, Graham Cracker Sticks, Juice Box

Thursday - Toaster Pastry, Cheese Cubes, Dried Apple Slices, Milk

Friday's - Egg & Cheese Breakfast Wrap, Milk



**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



Chicken Sandwich  
Carrots & Celery  
Applesauce Cups

Softshell Tacos  
Refried Beans  
Pineapple

Cheeseburger Mac  
Green Beans  
Apricots

Sloppy Joe's  
Cooked Carrots  
Mandarins

Chicken & Rice  
Peas  
Applesauce  
Cinnamon Roll

Pizza  
Corn  
Peaches

Sub Sandwich  
Broccoli  
Vanilla Yogurt  
Diced Mangos

