



**School Information:** This institution is an equal opportunity provider



**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

Wg mini pancakes or Wg Muffin or wg cereal **6**

Cereal Bar and string Cheese, or Wg muffin or Wg cereal **7**

Pancake on a Stick or Whole grain muffin or whole grain cereal **1**

Wg mini Bagel, with sausage Patty and cheese, or Wg Muffin or Wg cereal. **8**

Buttermilk Bars or whole Grain muffin or whole grain cereal **2**

Banana Bread or Wg Muffin or Wg cereal **9**

Daily choices: Milk, Juice, & Fruit. Wg muffin, or Wg Cereal. ( No School ) **3**

No School **10**

Cherry Frudel or Wg Muffin or Wg cereal **13**

Yogurt and Scooby snack, or Wg muffin, or Wg cereal. **14**

Cini Mini, or Wg muffin Or Wg cereal. **15**

Benefit Bars, or Wg Muffin, or Wg cereal. **16**

Buttermilk Bars, or Wg Muffin, or Wg cereal. ( Make up day for snow day ) **17**

Pancake on a stick, or Wg Muffin, or Wg cereal. **20**

PB&J Jamwich, or Wg Muffin, or Wg cereal. **21**

Sausage, cheese, and Biscuit sandwich, or Wg Muffin, or Wg cereal. **22**

Banana Bread, or Wg Muffin, or Wg cereal. **23**

No School **24**

No School Holiday Enjoy the Day!!!!!! **27**

Cherry Frudel, or Wg Muffin, or Wg cereal. **28**

Wg mini Bagel, with sausage Patty and cheese, or Wg Muffin, or cereal. **29**

Cereal bar and string cheese Wg muffin, or Wg cereal. **30**

Banana Bread, or Wg Muffin, or cereal. **31**