



Daily Items: Juice/Milk, Cereal, Pop-tarts, Yogurt, Fruit, Salad Bar, Menus are subject to change USDA is an equal opportunity provider, employer, and lender



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

Sausage Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Sausage Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Sausage Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Sausage Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Sausage Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

TUESDAY

Chicken Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Pancake Sausage Wrap
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Chicken Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Pancake Sausage Wrap
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Chicken Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

WEDNESDAY

Breakfast Pizza
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Muffins
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Breakfast Pizza
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Muffins
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Breakfast Pizza
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

THURSDAY

French Toast Sticks
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Bacon Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

French Toast Sticks
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Bacon Biscuit
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

FRIDAY

Biscuit & Gravy
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Biscuit & Gravy
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Biscuit & Gravy
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

Biscuit & Gravy
Assorted Cereal
Fruit Variety & Juice
1% or Fat Free Milk

