

EVERYDAY CHOICES
Fresh Fruit • Assorted Cereal • Fruit Juice • Half Pint Low Fat or Fat Free Milk

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
French Toast Sticks(30g) Buttery Wheat Toast (30g) Strawberry Yogurt(21g) Vanilla Yogurt(21g) Graham Crackers(17g) Diced Peaches (15g)	Biscuit with Gravy(33g) Cinnamon Toast(39g) Cranberry Pear Coffee Cake(61g) Orange Smiles(16g)	Sausage & Country Gravy Pizza(25g) Blueberry Muffin(30g) Buttery Wheat Toast (30g) Banana(27g)	Breakfast Taco(15g) Cinnamon Roll(45g) Cinnamon Toast(39g) Mixed Fruit Cocktail(13g)	Sausage Breakfast Pizza(26g) Buttery Wheat Toast (30g) Strawberry Nutrigrain Breakfast Bar(30g) Diced Barlett Pears(13g)
9	10	11	12	13
Breakfast on a Stick(18g) Buttery Wheat Toast(30g) Double Chocolate Chip Muffin(32g) Diced Peaches(15g)	Sausage Biscuit (29g) Cinnamon Toast(39g) Glazed Donut (39g) Orange Smiles(16g)	Sausage Breakfast Pizza(26g) Buttery Wheat Toast(30g) Apple Cinnamon Nutrigrain Breakfast Bar(30g) Banana(27g)	Cheddar Cheese Omelet(1g) Cinnamon Roll (45g) Cinnamon Toast(39g) Mixed Fruit Cocktail(13g)	Sausage & Country Gravy(25g) Buttery Wheat Toast(30g) Strawberry Yogurt(21g) Vanilla Yogurt(21g) Graham Crackers(17g) Diced Barlett Pears(17g)
16	17	18	19	20
Buttermilk Pancakes(31g) Buttery Wheat Toast(30g) Hard Boiled Eggs(1g) Diced Peaches(15g)	Honey Glazed Chicken Biscuit(49g) Banana Muffin(30g) Cinnamon Toast(39g) Orange Smiles(16g)	Sausage & Country Gravy Pizza(25g) Buttery Wheat Toast(30g) Strawberry Yogurt(21g) Vanilla Yogurt(21g) Graham Crackers(19g) Mixed Fruit Cocktail(13g)	Cinnamon Toast Crunch Bar(22g) Cinnamon Toast(39g) Egg Muffin Breakfast Sandwich(39g) Mixed Fruit Cocktail(39g)	Mini Confetti Pancakes(36g) Buttery Wheat Toast(30g) Strawberry Nutrigrain Breakfast Bar(30g) Diced Bartlett Pears(13g)
23	24	25	26	27
No School	No School	No School	No School	No School
30	31			
No School	No School			