



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.



BREAKFAST

MONDAY

03

Mini Cinnis
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

10

Muffin
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

17

Breakfast Loaf
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

24

Cereal Bowl
Snack Cookie
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

31

TUESDAY

04

Cereal Bowl
Snack Cookie
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

11

French Toast Sticks
Syrup
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

18

Strawberry Pancake Puff
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

25

WEDNESDAY

05

Mini Bagel
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

12

Egg & Cheese Omelet
Goldfish Crackers
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

19

Muffin
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

26

THURSDAY

06

Breakfast Loaf
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

13

Cereal Bowl
Snack Cookie
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

20

Mini Cinnis
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

27

FRIDAY

07

Glazed Breakfast Bun
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

14

Mini Bagel
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

21

Cereal Bar
Cheese Stick
½ Cup Fruit
½ Cup 100% Juice
Milk Choice

28



School Information:
Menu Subject to Change
This institution is an equal opportunity provider.

AUGUST 2026