



Meal Prices—Students--\$1.65
Adults--\$2.25

This institution is an equal opportunity



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

Cereal & Toast served daily
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Menus subject to change

### Wednesday



### Thursday

### Friday

Cereal Bar **5**  
Fruit  
Juice  
Milk

French Toast **6**  
Fruit  
Juice  
Milk

Chocolate Crescent Roll **7**  
Fruit  
Juice  
Milk

Breakfast Wrap **1**  
Fruit  
Juice  
Milk

Long Johns **2**  
Fruit  
Juice  
Milk

Muffin **12**  
Fruit  
Juice  
Milk

Omelet/Toast **13**  
Fruit  
Juice  
Milk

Mini Waffles **14**  
Fruit  
Juice  
Milk

Breakfast Pizza **8**  
Fruit  
Juice  
Milk

Mini Donuts **9**  
Fruit  
Juice  
Milk

Poptart **19**  
Fruit  
Juice  
Milk

Chocolate Crescent Roll **20**  
Fruit  
Juice  
Milk

Pancake Wrapped Sausage **21**  
Fruit  
Juice  
Milk

Breakfast Sandwiches **15**  
Fruit  
Juice  
Milk

Donuts **16**  
Fruit  
Juice  
Milk

Cereal Bar **26**  
Fruit  
Juice  
Milk

Omelet/Toast **27**  
Fruit  
Juice  
Milk

Breakfast Sandwich **28**  
Fruit  
Juice  
Milk

Breakfast Pizza **22**  
Fruit  
Juice  
Milk

Little John's **23**  
Fruit  
Juice  
Milk

Long Johns **29**  
Fruit  
Juice  
Milk

**NO SCHOOL** **30**