



Monday **Tuesday** **Wednesday** **Thursday** **Friday**



4
Waffles or cereal
With fruit, protein and milk

5
Yogurt bowls or Cereal
With fruit, protein and milk

6
Biscuits & gravy
Or cereal
With protein, fruit and milk

7
Ham & cheese bagel or
cheese bagel
Cereal
With fruit, protein and milk

8
Cinnamon Roll or Cereal
With fruit, protein and milk

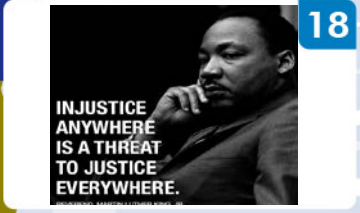
11
Waffles or cereal
With fruit, protein and milk

12
Quiche/ crust less
Or Cereal
With fruit, protein and milk

13
Breakfast Tornado
Or Cereal
With fruit, protein and milk

14
Breakfast pizza
Cereal
With fruit, protein and milk

15
Cinnamon Roll or Cereal
With fruit, protein and milk



19
Egg and cheese burrito or
Cereal
With fruit, protein and milk

20
Pancakes or Cereal
With fruit, protein and milk

21
Berry muffins or cereal
With fruit, protein and milk

22
Cinnamon Roll or Cereal
With fruit, protein and milk

25
Waffles or cereal
With fruit, protein and milk

26
Yogurt bowls or Cereal
With fruit, protein and milk

27
Biscuits & gravy
Or cereal
With protein, fruit and milk

28
Ham & cheese bagel or
cheese bagel
Cereal
With fruit, protein and milk



All meals meet the Federal Healthy Hunger free kids act of America

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