

Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Cereal  
Whole Grain Muffin  
Fresh Fruit  
Chilled Juice  
Milk **5**

No School **6**

Assorted Cereal  
Maple Burst Pancakes  
Assorted Fruit  
Chilled Juice  
Milk **7**

Assorted Cereal  
Bagel w/ Cream Cheese  
Fresh Fruit  
Chilled Juice  
Milk **1**

Assorted Cereal  
Sweet Potato Cinnamon Roll  
Fresh Fruit  
Chilled Juice  
Milk **2**

No School **12**

Assorted Cereal  
French Toast Sticks  
Assorted Fruit  
Chilled Juice  
Milk **13**

Assorted Cereal  
Hot Egg & Cheese Sandwich  
Fresh Fruit  
Chilled Juice  
Milk **14**

Assorted Cereal  
Bagel w/ Cream Cheese  
Assorted Fruit  
Chilled Juice  
Milk **8**

Assorted Cereal  
Sweet Potato Cinnamon Roll  
Fresh Banana  
Chilled Juice  
Milk **9**

Assorted Cereal  
Bagel w/ Cream Cheese  
Fresh Fruit  
Chilled Juice  
Milk **15**

Assorted Cereal  
Sweet Potato Cinnamon Roll  
Assorted Fruit  
Chilled Juice  
Milk **16**

Assorted Cereal  
Banana Bread  
Fresh Fruit  
Chilled Juice  
Milk **19**

Assorted Cereal  
Hot Egg & Cheese Sandwich  
Fresh Banana  
Chilled Juice  
Milk **20**

Assorted Cereal  
French Toast Sticks  
Fresh Fruit  
Chilled Juice  
Milk **21**



No School **23**

Assorted Cereal  
Sweet Potato Cinnamon Roll  
Fresh Fruit  
Chilled Juice  
Milk **26**

Assorted Cereal  
Whole Grain Muffin  
Fresh Banana  
Chilled Juice  
Milk **27**

Assorted Cereal  
Maple Burst Pancakes  
Assorted Fruit  
Chilled Juice  
Milk **28**

Assorted Cereal  
Bagel w/ Cream Cheese  
Assorted Fruit  
Chilled Juice  
Milk **29**

Assorted Cereal  
Sweet Potato Cinnamon Roll  
Fresh Fruit  
Chilled Juice  
Milk **30**

Eating a well-balanced Breakfast helps students focus and perform better. It also helps prevent over-eating later in the day.