

January 2018

BREAKFAST



School Information: ABT MS/HS



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

1

Tuesday

2

Wednesday

3

Thursday

4

Friday

5

Whole Grain Banana Muffin
Apple
Milk

Whole Grain Strawberry Pop Tart
Apple
Milk

Breakfast Bar
Apple
Milk

Whole Grain Fruit Muffin
Apple
Milk

Whole Grain Pop Tart
Apple
Milk

Breakfast Bar
Apple
Milk

Whole Grain Fruit Muffin
Apple
Milk

Breakfast Bar
Apple
Milk

Zucchini Bread
Apple
Milk

Breakfast Bar
Apple
Milk

Banana Bread
Apple
Milk

Whole Grain Pop tart
Apple
Milk

Whole Grain Fruit Muffin
Apple
Milk



Grab and Go Cereal Kit w/ Graham Crackers, 100% Fruit Juice, Applesauce and Milk

8

Zucchini Bread
Apple
Milk

9

Grab and Go Cereal Kit w/ Graham Crackers, 100% Fruit Juice, Applesauce and Milk

15

Breakfast Bar
Apple
Milk

16

Grab and Go Cereal Kit w/ Graham Crackers, 100% Fruit Juice, Applesauce and Milk

22

Whole Grain Fruit Muffin
Apple
Milk

23

Grab and Go Cereal Kit w/ Graham Crackers, 100% Fruit Juice, Applesauce and Milk

29

Breakfast Bar
Apple
Milk

30