

Monday

Tuesday

Wednesday

Thursday

Friday

Grab & Go Carts in all schools.
Cart Choice: First item listed on the menu/Juice OR
2 oz. WG Cereal/ Juice
May also take fresh fruit and/or milk with either choice.



1

2

3

6

7

8

Welcome Back!

9

Chocolate Crescent or Cheesy Eggs/ WG Toast

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

10

Chicken WG Biscuit

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

13

Grape Crescent Breakfast Pizza

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

14

Chocolate Chip Protein Bar WG Biscuit/ Gravy

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

15

Sausage WG Biscuit

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

16

Pancake on a Stick

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

17

Blueberry Muffin Scrambled Eggs/ WG Toast

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

20

Mini Corn Dogs

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

21

Glazed Donut

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

22

Chicken WG Biscuit

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

23

Pancake Bites

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

24

Strawberry Mini Bagel Breakfast Pizza

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

27

Breakfast Bun

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

28

Mini Cinni French Toast Sticks/ Syrup

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

29

Chocolate Chip Muffin Cheesy Eggs/ WG Toast

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

30

Sausage WG Biscuit

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

31

Apple Freudal WG Biscuit/ Gravy

May take one item listed below with toast: Cereal, Pop Tart, or String Cheese
Must take fresh fruit or juice, may take both.
May take milk.

“USDA is an equal opportunity provider and employer.”

It seems like an easy diet win: Skip breakfast and you'll lose weight. Yet many studies show the opposite can be true. Not eating breakfast can make you hungry later, leading to too much nibbling and binge eating at lunch and dinner. To lose weight -- and keep it off -- always make time for a healthy morning meal, like high-fiber cereal, low-fat milk, and fruit.