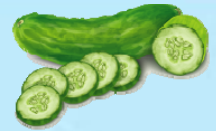


Daily Choices Include
1% White Milk or Non-Fat Milk



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

Wednesday

Thursday

Friday



Cheez-it Cracker
Whole Apple

5

Cheerios Cereal
Milk

6

Sun Chips
Fresh Fruit

7

Belly Bears
4 oz. Yogurt

1

Apple Cinnamon
Muffin
Milk

2

Star Corn Muffin
Fresh Fruit

12

Savory Wheat Bites
Banana

13

Rice Krispies Cereal
Milk

14

Belly Bears
4 oz. Yogurt

15

President Lincoln's
Birthday Observed

16

No School

President's Day
Observed

19

No School

Cheerios Cereal
Milk

20

Sun Chips
Fresh Fruit

21

WG Zucchini Carrot
Muffin
Milk

22

Cookie Bites
Cheese Stick

23

Star Corn Muffin
Fresh Fruit

26

Savory Wheat Bites
Banana

27

Rice Krispies Cereal
Milk

28

