



Daily Choices Include
1% White Milk or Non-Fat Milk
Pizza, Yogurt Meal



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 5
Whole Apple

Cheerios Cereal 6
Milk

Sun Chips 7
Fresh Fruit

Belly Bears 1
4 oz. Yogurt

Apple Cinnamon 2
Muffin
Milk

Muffin 12
Fresh Fruit

Savory Wheat Bites 13
Banana

Rice Krispies Cereal 14
Milk

Belly Bears 15
4 oz. Yogurt

Apple Cinnamon 16
Muffin
Milk

Cheez-it Cracker 19
Whole Apple

Cheerios Cereal 20
Milk

Sun Chips 21
Fresh Fruit

WG Zucchini Carrot 22
Muffin
Milk

Cookie Bites 23
Cheese Stick

Muffin 26
Fresh Fruit

Savory Wheat Bites 27
Banana

Rice Krispies Cereal 28
Milk

Belly Bears 29
4 oz. Yogurt

Apple Cinnamon 30
Muffin
Milk