



Keys to Character: Compassion
Feeling for another person's sorrow or hardship.



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



Egg & Cheese Melt **1**
Cereal
Graham Cookie
Cheese Stick
Fresh Fruit
Canned Fruit
Milk

Mini Pancakes **2**
Cereal
Toast
Hard-boiled Egg
Fresh Fruit
Juice
Milk

Pancake Sausage Wraps **3**
Cereal
Graham Cookie
Peanut Butter Cup
Fresh Fruit
Canned Fruit
Milk

Breakfast Burrito **6**
Cereal
Graham Coolie
Hard-boiled Egg
Fresh Fruit
Canned Fruit
Milk

Maple Glazed French Toas **7**
Cereal
Toast
Yogurt
Fresh Fruit
Juice
Milk

Sausage Biscuit **8**
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit
Canned Fruit
Milk

Egg & Cheese Omelet **9**
Mini Muffin Loaf
Cereal / Toast
Hard-boiled Egg
Fresh Fruit
Juice
Milk

Pizza Sliders **10**
Cereal
Graham Cookies
Peanut Butter Cup
Fresh Fruit
Canned Fruit
Milk

Pancake Sausage Wraps **13**
Cereal
Graham Cookies
Hard-boiled Egg
Fresh Fruit
Canned Fruit
Milk

Mini Pancakes **14**
Cereal
Toast
Yogurt
Fresh Fruit
Juice
Milk

Mini Waffles **15**
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit
Canned Fruit
Milk

Cajun Breakfast Bowl **16**
Cereal
Toast
Hard-boiled Egg
Fresh Fruit
Juice
Milk

Breakfast Burrito **17**
Cereal
Graham Cookies
Peanut Butter Cup
Fresh Fruit
Canned Fruit
Milk

HOLIDAY **20**

Mini Waffles **21**
Cereal
Toast
Yogurt
Fresh Fruit
Juice
Milk

Egg & Cheese Melt **22**
Cereal
Graham Cookies
Cheese Stick
Fresh Fruit
Canned Fruit
Milk

Mini Pancakes **23**
Cereal
Toast
Hard-boiled Egg
Fresh Fruit
Juice
Milk

Pancake Sausage Wraps **24**
Cereal
Graham Cookies
Peanut Butter Cup
Fresh Fruit
Canned Fruit
Milk

Breakfast burrito **27**
Cereal
Graham Cookies
Hard-boiled Egg
Fresh Fruit
Canned Fruit
Milk

Maple Glazed French Toas **28**
Cereal
Toast
Yogurt
Fresh Fruit
Juice
Milk

