

August 2016

Step Ahead Breakfast/Snack

BREAKFAST

School Information: Juice, Fruit and Milk are offered with Breakfast
 All grains served at Breakfast are whole grain rich.
 **AM/PM Snack served w/Milk
 (Fresh Fruit/Vegetable Program) snack of the day. Encourage your child to try a new fruit/vegetable when offered.



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.
USDA is an Equal Opportunity Provider and Employer



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

15

16

17

Back to School

18

Sausage Links
 Mini Waffles

** (WATERMELON) **

19

NO CLASS

22

Yogurt Muffin

**Cereal Bar

23

Ham Patty
 Mini Pancakes

** (CHERRIES) **

24

Cheesy Bacon/Egg Toast

**Zucchini Bread

25

Ham & Egg Bar
 Coffee Cake

** (PEACHES) **

26

NO CLASS

29

Sausage Patty
 Mini French Toast

**Scooby Snacks

30

Pancake wrapped
 Sausage Bites

** (TOMATOES) **

31

Scrambled Eggs
 Mini Cinnamon Roll

**HMD Granola Bar

