

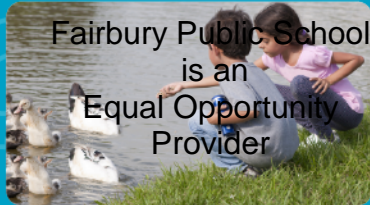
**Health Tip:** Find ways to increase the fiber in your diet. Choose cereal and breads with at least 4 grams of fiber per serving. Eat more fresh and frozen fruits. Leave the peel on your fruits and vegetables. Fiber needs water to work properly so drink plenty of water.



**Menu Information:** Juice, Fruit and 1% White Milk are offered with every Breakfast. All grains served at Breakfast are whole grain rich. (AM - PM Snacks) 1% White Milk is served with all snacks. **\*\*Fresh Fruit/Vegetable Program snack of the day. Encourage your child to try a new fruit/vegetable when offered.**



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

7

8

9

10

11

14

**Back to School Night  
5 - 7 pm**

16

Pancake wrapped Sausage Bites  
  
\*\*Assorted Melon

NO CLASS  
18

Sunny Omelet  
Eclipsed by Moon Tortilla  
Mars Salsa  
Jupiter Oranges  
  
(Sunshine Dream Bar)

Ham & Egg Bar  
Toast  
Mini Strawberry Parfait  
  
\*\*Sugar Snap Peas  
w/Ranch & Goldfish Crackers

Scrambled Eggs  
Sausage Patty  
Apple Strudel  
  
(Animal Crackers)

Breakfast Pizza  
  
\*\*Berries

NO CLASS  
25

Bacon/Egg/Cheese  
Pizza Boat  
  
(Watermelon)

Boiled Egg  
Cheese filled  
Pretzel Sticks  
  
\*\*Apricot

Sausage Patties  
HMD Waffle  
  
(Strawberry Chex Mix)

Ham Patty  
Toast  
Mini Apple Crisp Parfait  
  
\*\*Assorted Power Vegetables  
w/Ranch & Wheat Crackers

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