



Children who eat well-balanced meals and are healthy are more likely to learn.



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



usage

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



French Toast
Applesauce
Juice/milk

Pancake on a stick
Peaches
Juice/milk

Biscuits and gravy
Sausage
Fruit
Juice/milk

Bacon
Danish
Yogurt with blueberries
Juice/milk

Breakfast burrito
Fruit
Juice/milk

Breakfast pizza
Fruit
Juice/milk

Cereal
Fruit
Juice/milk

Biscuits and gravy
Sausage
Fruit
Juice/milk

Cereal
Fruit
Juice/milk

Biscuits eggs
Hashbrowns
Fruit
Juice/milk

Pancake on a stick
Fruit
Juice/milk

Cereal
Fruit
Juice/milk

