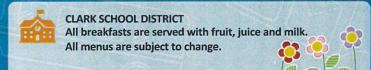
AUGUST 2024

BREAKFAST





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
After school snacks will be listed at the bottom of each day.				2
5	6	7	8	9
(D) (12	13	14	15	16
19	20	WELCOME BACK! Cereal String Cheese Cheese-it Crackers	Mini Bagels 22 Rice Krispie Bar	Pancakes 23 Chex Mix
Cinnie Minis 26	Cereal String Cheese	Pancake on a stick 28	French Toast 29	NO SCHOOL 30
Grahams	Cheese-it crackers	Rice Krispie Bar	Chex Mix	