



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



BREAKFAST

MONDAY



04

11

18

WG Muffin 1 Each
Yogurt 4 oz
Fruit Cup 4 oz
Juice Cup 4oz
Milk 8 fl oz

25

TUESDAY



05

12

19

WG Breakfast Pizza 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

26

WEDNESDAY



06

13

20

WG Assorted Cereal 3/4 C
Yogurt 4 oz
Fruit Cup 4oz
Juice Cup 4 oz
Milk 8 FL

27

THURSDAY

1 percent milk
provided daily.

07

14

21

WG Pancakes 1 pkg
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

28

FRIDAY

*WG = Whole
Grain.

01

08

15

22

NO
SCHOOL

29



ST. John's Lutheran School

*This institution is a equal opportunity provider

AUGUST 2025