



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.



BREAKFAST

MONDAY

WG Assorted Muffin 1 Ea.
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

TUESDAY

WG Blueberry Bagel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WEDNESDAY

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

THURSDAY

WG Assorted Cereal 3/4c
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

FRIDAY

WG Mini Cinni Roll 1 Ea.
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Apple Frudel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Assorted Muffin 1 Ea.
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Assorted Cereal 3/4c
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

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

WG Blueberry Bagel 1 Ea.
String Cheese 1 Ea.
Fruit cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Mini Cinni Rolls 1 Ea.
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Blueberry Bagel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Assorted Muffin 1 Ea.
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Apple Frudel 1 Ea.
String Cheese 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

WG Assorted Cereal 3/4c
Yogurt 1 Ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 FL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

WG = Whole Grain
1 Percent milk provided
daily.
*This institution is an equal
opportunity provider.

NO
SCHOOL

NO
SCHOOL



St. John's Lutheran School

DECEMBER 2025