



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate

BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

***WG = Whole Grain.**
*** 1 percent milk provided daily.**



WG Mini Cinni Roll 1 ea.
String Cheese 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz.

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

WG Assorted Muffins 1 ea.
Yogurt 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

WG Pancakes 1 pkg
String Cheese 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

WG Mini Cinni Roll 1 ea.
Yogurt 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

Scrambled Eggs 2 oz
Asst WG Muffin 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

Cheese Omelet 1 ea.
Hashbrown 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

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

WG Breakfast Pizza 1 ea.
String Cheese 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

WG Assorted Muffins 1 ea.
Yogurt 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

WG Mini Cinni Roll 1ea.
Yogurt 1ea.
Fruit Cup 4 oz
Juice cup 4 oz.
Milk 8 Fl oz

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

WG Assorted Muffins 1ea.
String Cheese 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

WG Pancakes 1 pkg
Yogurt 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8 Fl oz

CHEF CHOICE

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Have

Great

SUMMER

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St. John's Lutheran School

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