

UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Shelf Stable: Cinnamon Chex Cereal/ Honey Grahams 2	Blueberry Burst Bagel/Cream Cheese French Toast Muffin 3	Zac Omega Strawberry Bar (DF) Yogurt/Educational Snacks 4	Plain Bagel/Cream Cheese Blueberry Muffin 5	Cinnamon Chex Cereal/Zac Attack Apple Bar (DF) String Cheese/Cinnamon Grahams 6
Cheerios Cereal/ Mini Dipperdoodle Bar (DF) Zac Omega Blackberry Bar/Fruit (DF) 9	Lemon Muffin Cinnamon Grahams/Cinnamon Rumbles 10	Yogurt/Granola Banana Muffin 11	Blueberry Bagel/Cream Cheese Breakfast Cinnamon Crumble 12	Corn Chex Cereal/ Zac Attack Strawberry Bar (DF) Yogurt/Educational Snacks 13
Mini Dipperdoodle Bar/String Cheese Zac Attack Strawberry Bar (DF) 16	Yogurt/Granola French Toast Muffin 17	Plain Bagel/Cream Cheese Hard Boiled Egg/Dinner Roll (DF) 18	Blueberry Muffin Cheesy Bagel Sandwich 19	Cheerios Cereal/Zac Attack Apple Bar (DF) String Cheese/Cinnamon Grahams 20
Cinnamon Chex Cereal/Zac Attack Strawberry Bar (DF) Yogurt/Educational Snacks 23	Blueberry Bagel/Cream Cheese Breakfast Cinnamon Crumble 24	Banana Muffin Multigrain Cheerios Cereal/ Zac Attack Strawberry Bar (DF) 25	Plain Bagel/Cream Cheese Lemon Muffin 26	Mini Dipperdoodle Bar/String Cheese Zac Omega Strawberry Bar (DF) 27
Cheerios Cereal/Zac Attack Apple Bar (DF) Yogurt/Cinnamon Grahams 30				

Did you know?

Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

