



**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

Muffin  
1% Milk  
Fruit

18

Muffin  
1% Milk  
Fruit

25

## TUESDAY



05

Cereal  
1% Milk  
Fruit

12

Cereal  
1% Milk  
Fruit

19

Cereal  
1% Milk  
Fruit

26

## WEDNESDAY



06

Bagels w/ Cream Cheese or  
Butter  
1% Milk  
Fruit

13

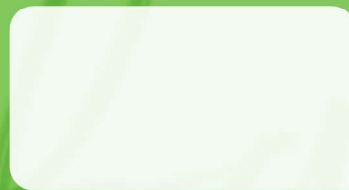
Bagels w/ Cream Cheese or  
Butter  
1% Milk  
Fruit

20

Bagels w/ Cream Cheese or  
butter  
1% Milk  
Fruit

27

## THURSDAY



07

Graham Cracker & Cheese  
Stick  
1% Milk  
Fruit

14

Graham Cracker & Cheese  
Stick  
1% Milk  
Fruit

21

Graham Cracker & Cheese  
Stick  
1% Milk  
Fruit

28

## FRIDAY



01

Egg & Cheese Calzone  
1% Milk  
Fruit

15

Biscuits w/ Butter & Jelly  
1% Milk  
Fruit

22

Seasonal Parfait  
Milk

29



1% White milk served daily  
Breakfast is no charge  
Equal opportunity employer

# AUGUST 2025