



Milk Variety Offered Daily:
 1% White
 FF Chocolate
 Adult Price - \$2.00



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.



Monday

1

If you have any questions or comments, please contact the Food Service Dept. at (618)451-5800 or gloria.harrison@gcsd9.net or cheryl.wilson@gcsd9.net

8

15

Breakfast Pizza
 Or
 Egg Biscuit
 Peaches
 Milk

22

French Toast
 Sticks with Syrup
 Or
 Cereal & Toast
 Peaches
 Milk

29

Tuesday

2

9

16

Cooked Oatmeal
 & Toast
 Or
 Egg/Cheese Breakfast Slider
 Peaches
 Milk

23

Yogurt & Toast
 Or
 Waffles with Syrup
 Apple Slices
 Milk

30

Wednesday

3

MENU IS SUBJECT TO CHANGE

10

Cinnamon Roll
 Or
 Cereal & Toast
 Peaches
 Milk

17

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

24

Biscuit & Gravy
 Or
 Cereal & Toast
 Fruit Mix
 Milk

31

Thursday

4

11

Pancakes with Syrup
 Or
 Sausage Biscuit
 Pears
 Milk

18

Scrambled Eggs,
 Sausage Patty & Toast
 Or
 Waffles with Syrup
 Sliced Apples
 Milk

25

Friday

5

12

Sausage Roll-Up
 Or
 Cereal & Toast
 Apple Slices
 Milk

19

Bagel & Cream Cheese
 Or
 Cereal & Toast
 Pears
 Milk

26

