



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



Monday

Honey Nut Cheerios
Fruit
Milk

3

Tuesday

Maple Waffles
Fruit
Milk

4

Wednesday

Pop Tart
Fruit
Milk

5

Thursday

Pancakes
Fruit
Milk

6

Friday

Egg Patty Sandwich
Fruit
Milk

7

Apple Cinnamon Muffin
Fruit
Milk

10

Frosted Flakes Cereal
Fruit
Milk

11

Nutri Grain Bar
Fruit
Milk

12

Cinnamon Toast Crunch
Cereal
Fruit
Milk

13

Egg & Sausage Sandwich
Fruit
Milk

14

Trix Cereal Bar
Fruit
Milk

17

Toasted Apple Strudel
Fruit
Milk

18

Honey Nut Cheerios
Fruit
Milk

19

Blueberry Muffin
Fruit
Milk

20

Egg Patty Sandwich
Fruit
Milk

21

Blueberry Chex Cereal
Fruit
Milk

24

Plain Bagel
Fruit
Milk

25

Frosted Flakes Cereal
Fruit
Milk

26

Cinnamon Toast Crunch C
Fruit
Milk

27

Apple Cinnamon Muffin
Fruit
Milk

28

Honey Nut Cheerios
Fruit
Milk

31

