

# July 2017

## Summer Food Service Program

### BREAKFAST



**School Information:** The SFSP will on Tuesday, Wednesday, & Thursday from 7:30 am to 8:30am at West Elementary School. This is **FREE** for anyone ages 1 to 18. \$2.15 for adults



**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

Tuesday

Wednesday

Thursday

Friday

3

4

**NO BREAKFAST**

Star spangled pancakes  
Fruit  
Juice  
Milk

5

Breakfast Pizza  
Fruit  
Juice  
Milk

6

7

10

Donuts  
Yogurt cup  
Juice  
Milk

11

French toast sticks  
w/ syrup  
Fruit  
Juice  
Milk

12

Cereal  
String cheese  
Fruit  
Juice  
Milk

13

14

17

Muffin  
Fruit  
Juice  
Milk

18

Fruit & yogurt parfait  
w/ granola toppings  
Juice  
Milk

19

Bagel  
w/ cream cheese filling  
Fruit  
Juice  
Milk

20

21

24

Cereal Bars  
Fruit  
Juice  
Milk

25

Breakfast pizza  
Fruit  
Juice  
Milk

26

French toast sticks  
w/ syrup  
Fruit  
Juice  
Milk

27

28

31

