



Be strong and courageous, do not be afraid for God will be with you wherever you go
Joshua 1:9



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy life. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

National Watermelon Day 3

4

5

8

9

10

11

12

15

16
Cinnamon roll
Grapes
Milk or Juice

17
Biscuits
Choice of sausage gravy or jam
Banana
Milk or Juice

18
Yogurt parfait
granola and fruit
milk or juice

19
Bagel
cream cheese or jam
chilled fruit
milk or juice

22
Ham and cheese
croissant
hash browns
applesauce
milk or juice

23
Cinnamon roll
Grapes
milk or juice

National Waffle Day 24
Waffles
syrup, berry topping
milk or juice

25
Biscuits
choice of sausage gravy or jam
Banana
milk or juice

26
Bagel
cream cheese or jam
chilled fruit
milk or juice

29
Ham and cheese
croissant
hash browns
applesauce
milk or juice

30
Cinnamon roll
Grapes
milk or juice

31
Biscuits
choice of sausage gravy or jam
banana
milk or juice

