

Hopkins Breakfast

Monday

Choice of 1 Whole Grain Cereal
Cinnamon & Sugar Doughnut Holes
Apple or Orange Juice
Fruit
Choice of Milk

Tuesday

Choice of 1 Whole Grain Cereal
1- 4oz. Strawberry Yogurt
Apple or Orange Juice
Fruit
Choice of Milk

Wednesday

Choice of 1 Whole Grain Cereal
1 Whole Grain Strawberry Pop tart
Apple or Orange Juice
Fruit
Choice of Milk

Thursday

Choice of 1 Whole Grain Cereal
Breakfast Pizza
Apple or Orange Juice
Fruit
Choice of Milk

Friday

Choice of 1 Whole Grain Cereal w/
1 Slice of Wheat Toast or
1 Slice Wheat Toast, Sliced Ham, &
Scrambled Eggs
Apple or Orange Juice
Fruit
Choice of Milk

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