



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



BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

03

04

05

06

07

10

11

12

13

14

17

18

19

20

21

Strawberry Go-Gurt
Strawberry Oatmeal Bar
Apples

24

Oatmeal Choco Chip UBR Bar
Craisins
Raisins

25

Chocolate Covered Donuts
Craisins
Orange Juice

26

Strawberry Go-Gurt
Strawberry Neufchatel Bagel
Apples

27

Blueberry Muffins
Raisins
Very Berry Juice

28

Mozzarella Stick
Cinnamon Pop-Tarts
Apples

31

**WELCOME
BACK!**



EXECUTIVE EDUCATION ACADEMY CHARTER SCHOOL

Milk is included with all meals (1%, Skim, or Soy Milk)

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