

**Monday****Tuesday****Wednesday****Thursday****Friday**

 <p><b>3</b></p>	<p><b>Breakfast Nutrition Bar</b></p> <p>100% Juice Fruit Cup (55)1% or FF White Milk(13)</p> <p><b>4</b> 426:240:68</p>	<p><b>Honey Wheat Bagel</b></p> <p>Cream Cheese Cup (35)Fresh Apple(19) 1% or FF White Milk(13)</p> <p><b>5</b> 528:445:67</p>	<p><b>WG Banana Muffin</b></p> <p>Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)</p> <p><b>6</b> 595:330:101</p>	<p><b>WG Goody Ring</b></p> <p>100% Juice(44)Fresh Orange(19) 1% or FF White Milk(13)</p> <p><b>7</b> 476:395:76</p>
<p><b>Frosted Flakes</b></p> <p>Animal Grahams Craisins 100% Juice (87)1% or FF White Milk(13)</p> <p><b>10</b> 496:440:100</p>	<p><b>Double Chocolate Chip Muffin</b></p> <p>Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)</p> <p><b>11</b> 486:325:74</p>	<p><b>Goldfish Grahams</b></p> <p>(21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)</p> <p><b>12</b> 378:295:67</p>	<p><b>Breakfast Nutrition Bar</b></p> <p>100% Juice (53)Fresh Banana(23) 1% or FF White Milk(13)</p> <p><b>13</b> 475:220:89</p>	<p><b>Cinnabar</b></p> <p>100% Juice (60)Fresh Orange(19) 1% or FF White Milk(13)</p> <p><b>14</b> 526:395:92</p>
<p><b>Cocoa Krispie Cereal Bar</b></p> <p>Animal Grahams 100% Juice Craisins (90)1% or FF White Milk(13)</p> <p><b>17</b> 546:390:103</p>	<p><b>Breakfast Nutrition Bar</b></p> <p>100% Juice Fruit Cup (55)1% or FF White Milk(13)</p> <p><b>18</b> 426:240:68</p>	<p><b>Honey Wheat Bagel</b></p> <p>Cream Cheese Cup (35)Fresh Apple(19) 1% or FF White Milk(13)</p> <p><b>19</b> 528:445:67</p>	<p><b>WG Banana Muffin</b></p> <p>Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)</p> <p><b>20</b> 595:330:101</p>	<p><b>WG Strawberry Pop Tart</b></p> <p>Giant Goldfish Grahams 100% Juice (74)Fresh Orange(19) 1% or FF White Milk(13)</p> <p><b>21</b> 556:420:106</p>
<p><b>Cinnamon Toast Crunch Cereal</b></p> <p>Animal Grahams Craisins 100 % Juice (85)1% or FF White Milk(13)</p> <p><b>24</b> 506:410:98</p>	<p><b>Double Chocolate Chip Muffin</b></p> <p>Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)</p> <p><b>25</b> 486:325:74</p>	<p><b>Goldfish Grahams</b></p> <p>(21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)</p> <p><b>26</b> 378:295:67</p>	<p><b>Breakfast Nutrition Bar</b></p> <p>100 % Juice (55)Fresh Banana(23) 1% or FF White Milk(13)</p> <p><b>27</b> 515:240:91</p>	<p><b>Raspberry Bar</b></p> <p>100% Juice (60)Fresh Orange(19) 1% or FF White Milk(13)</p> <p><b>28</b> 526:395:92</p>

**Thought for Thought**

*My hopes are not always realized, but I  
always hope. - Ovid*

**Tips & Information**

Labor Day, the first Monday in September, constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. The first unofficial Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City. On June 28th, 1894 the first Monday in September was declared Labor Day by President Grover Cleveland. Labor Day is not only celebrated in the United States, but also Canada and other industrialized nations. This day for some is a day to relax and enjoy the end of summer & the beginning of another GREAT YEAR OF LEARNING!!

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:497 AvgSod(mg):346 AvgCarbs(g):84

"or:" = An alternative selection to choose. "WG"=Whole Grain  
1% White & Fat Free Chocolate Milk available daily.

**\*\*Menu Subject to Change\*\***

This institution is an equal opportunity provider.

