



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Frosted Corn Flakes(24)</b> Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13) <b>3 496:435:100</b>	<b>Double Chocolate Chip Muffin(27)</b> Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% or FF White Milk(13) <b>4 486:320:74</b>	<b>Dannon Nonfat Creamy Yogurt (14)</b> Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13) <b>5 378:295:67</b>	<b>Breakfast Nutrition Bar(38)</b> Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) <b>6 475:215:89</b>	<b>WG Cinnabar (45)</b> Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) <b>7 526:390:92</b>
<b>Cocoa Krispies Cereal Bar (27)</b> Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13) <b>10 546:385:103</b>	<b>Breakfast Nutrition Bar(40)</b> Diced Pear Cup Apple Juice(15) 1% or FF White Milk(13) <b>11 426:235:68</b>	<b>WG Bagel(30)</b> Fresh Apple(19) 1% or FF White Milk(13) <b>12 498:490:62</b>	<b>WG Banana Muffin(31)</b> Mini Vanilla Wafers(19) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) <b>13 595:325:101</b>	<b>Strawberry Pop Tart(38)</b> Giant Cinnamon Goldfish(21) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) <b>14 556:415:106</b>
<b>Cinnamon Toast Crunch Cereal(22)</b> Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13) <b>17 506:405:98</b>	<b>Double Chocolate Chip Muffin(27)</b> Mini Vanilla Wafers(19) Apple Juice(15) Mixed Fruit Cup 1% or FF White Milk(13) <b>18 486:320:74</b>	<b>Dannon Nonfat Creamy Yogurt (14)</b> Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13) <b>19 378:295:67</b>	<b>Breakfast Nutrition Bar(40)</b> Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) <b>20 515:235:91</b>	<b>WG Raspberry Bar (45)</b> Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) <b>21 526:390:92</b>
<b>No School</b> <b>24</b>	<b>No School</b> <b>25</b>	<b>No School</b> <b>26</b>	<b>No School</b> <b>27</b>	<b>No School</b> <b>28</b>
<b>No School</b> <b>31</b>				



**Thought for Thought**  
 Happiness is not a destination. It is a method of life. -  
 Burton Hills

**Tips & Information**

The oldest pair of skates known date back to about 3000 B.C., found at the bottom of a lake in Switzerland. The skates were made from the leg bones of large animals, holes were bored at each end of the bone and leather straps were used to tie the skates on. Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:492 AvgSod(mg):343 AvgCarbs(g):85  
 "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.

