



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Frosted Flakes</b>  Animal Grahams Craisins 100% Juice (87)1% or FF White Milk(13)	<b>Double Chocolate Chip Muffin</b>  Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)	<b>Goldfish Grahams</b>  (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)	<b>Breakfast Nutrition Bar</b>  100% Juice (53)Fresh Banana(23) 1% or FF White Milk(13)	<b>Cinnabar</b>  100% Juice (60)Fresh Orange(19) 1% or FF White Milk(13)
<b>3</b> 496:440:100 <b>Cocoa Krispie Cereal Bar</b>  Animal Grahams 100% Juice Craisins (90)1% or FF White Milk(13)	<b>4</b> 486:325:74 <b>Breakfast Nutrition Bar</b>  100% Juice Fruit Cup (55)1% or FF White Milk(13)	<b>5</b> 378:295:67 <b>WG Bagel</b>  Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)	<b>6</b> 475:220:89 <b>WG Banana Muffin</b>  Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)	<b>7</b> 526:395:92 <b>WG Strawberry Pop Tart</b>  Giant Goldfish Grahams 100% Juice (74)Fresh Orange(19) 1% or FF White Milk(13)
<b>10</b> 546:390:103 <b>Cinnamon Toast Crunch Cereal</b>  Animal Grahams Craisins 100% Juice (85)1% or FF White Milk(13)	<b>11</b> 426:240:68 <b>Double Chocolate Chip Muffin</b>  Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)	<b>12</b> 498:490:62 <b>Goldfish Grahams</b>  (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)	<b>13</b> 595:330:101 <b>Breakfast Nutrition Bar</b>  100 % Juice (55)Fresh Banana(23) 1% or FF White Milk(13)	<b>14</b> 556:420:106 <b>Raspberry Bar</b>  100% Juice (60)Fresh Orange(19) 1% or FF White Milk(13)
<b>17</b> 506:410:98 No School	<b>18</b> 486:325:74 No School	<b>19</b> 378:295:67 No School	<b>20</b> 515:240:91 No School	<b>21</b> 526:395:92 No School
<b>24</b>  No School	<b>25</b>  No School	<b>26</b>  No School	<b>27</b>  No School	<b>28</b>  No School
<b>31</b>  No School				



**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):347 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.

