



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

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.

