



Monday	Tuesday	Wednesday	Thursday	Friday
	No School	No School	No School	No School
	1	2	3	4
Cocoa Puff Cereal Bar (30) Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13)	Double Chocolate Chip Muffin(27) Mini Vanilla Wafers(19) Diced Pear Cup Orange Juice(15) 1% or FF White Milk(13)	Dannon Nonfat Creamy Yogurt (14) Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13)	Breakfast Nutrition Bar(40) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	WG Apple Roll (35) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
7 546:345:106	8 486:320:74	9 378:295:67	10 515:235:91	11 446:360:82
Trix Cereal(24) Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13)	Breakfast Nutrition Bar(40) Orange Juice(15) Mixed Fruit Cup 1% or FF White Milk(13)	WG Bagel(30) Fresh Apple(19) 1% or FF White Milk(13)	WG Banana Muffin(31) Mini Vanilla Wafers(19) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	WG Breakfast Ring (29) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
14 506:385:100	15 426:235:68	16 498:490:62	17 595:325:101	18 476:390:76
No School	Double Chocolate Chip Muffin(27) Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% or FF White Milk(13)	Dannon Nonfat Creamy Yogurt (14) Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13)	Breakfast Nutrition Bar(38) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	WG Cinnabar (45) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
21	22 486:320:74	23 378:295:67	24 475:215:89	25 526:390:92
Golden Grahams(24) Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Breakfast Nutrition Bar(40) Diced Pear Cup Apple Juice(15) 1% or FF White Milk(13)	WG Bagel(30) Fresh Apple(19) 1% or FF White Milk(13)	WG Banana Muffin(31) Mini Vanilla Wafers(19) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	
28 506:465:100	29 426:235:68	30 498:490:62	31 595:325:101	



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

Tips & Information

It's a well-documented fact that very first snowman was made in Eau Claire, Wisconsin on January 7, 1809 by Vernon Paul and his 9 year old daughter, Yetty Paul. According to Mr. Paul, he told his daughter that the snowman was intended to frighten away the Boxing Day elves (popular legend said Boxing Day elves reclaimed Christmas presents). Once the Paul family's neighbors saw the snowman, and Yetty explained to her friends how easy it was to make, children all over the town were making snowmen.

12/18/2018 3:21:52 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:486 AvgSod(mg):339 AvgCarbs(g):82
"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.

