



Monday	Tuesday	Wednesday	Thursday	Friday
	No School	No School	No School	No School
1	2	3	4	
Cocoa Puffs Cereal Bar Animal Grahams Craisins 100% Juice(93)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 (55)Fresh Banana(23) 1% or FF White Milk(13)	WG Apple Roll 100% Juice (50)Fresh Orange(19) 1% or FF White Milk(13)
7 546:350:106	8 486:325:74	9 378:295:67	10 515:240:91	11 446:365:82
Trix Cereal Animal Grahams Craisins 100% Juice(87)1% or FF White Milk(13)	Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% or FF White Milk(13)	WG Bagel Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)	WG Banana Muffin Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)	WG Goody Ring 100% Juice(44)Fresh Orange(19) 1% or FF White Milk(13)
14 506:390:100	15 426:240:68	16 498:490:62	17 595:330:101	18 476:395:76
No School	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)
21	22 486:325:74	23 378:295:67	24 475:220:89	25 526:395:92
Golden Grahams Cereal Animal Grahams Craisins 100% Juice (87)1% or FF White Milk(13)	Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% or FF White Milk(13)	WG Bagel Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)	WG Banana Muffin Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)	
28 506:470:100	29 426:240:68	30 498:490:62	31 595:330:101	



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 3:26:33 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:486 AvgSod(mg):343 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.

