February, 2019

Cornerstone Health & Technology HS

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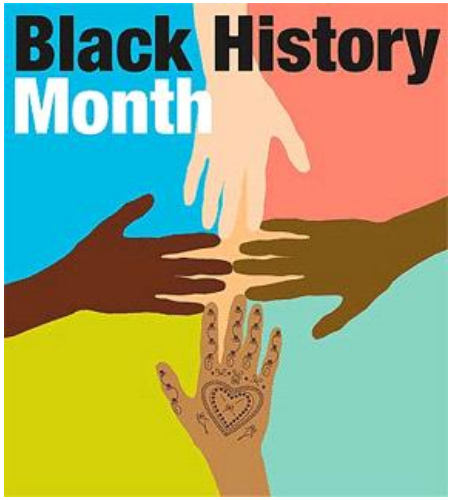
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Nutrition Bar(40) Diced Pear Cup Apple Juice(15) 1% or FF White Milk(13) 426:235:68 **4**	**Double Chocolate Chip Muffin(27)** Mini Vanilla Wafers(19) Apple Juice(15) Mixed Fruit Cup 1% or FF White Milk(13) 486:320:74 **5**	**Dannon Nonfat Creamy Yogurt (14)** Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13) 378:295:67 **6**	**Breakfast Nutrition Bar(40)** Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 515:235:91 **7**	**WG Raspberry Bar (45)** Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 526:390:92 **8**
Lucky Charms(23) Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13) 506:425:99 **11**	**Breakfast Nutrition Bar(38)** Orange Juice(15) Diced Peach Cup 1% or FF White Milk(13) 386:215:66 **12**	**WG Bagel(30)** Fresh Apple(19) 1% or FF White Milk(13) 498:490:62 **13**	**WG Banana Muffin(31)** Mini Vanilla Wafers(19) Fresh Banana(23) Apple Juice(15) 1% or FF White Milk(13) 595:325:101 **14**	**WG Goody Bun (34)** Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 486:380:81 **15**
No School **18**	**Double Chocolate Chip Muffin(27)** Mini Vanilla Wafers(19) Diced Pear Cup Orange Juice(15) 1% or FF White Milk(13) 486:320:74 **19**	**Dannon Nonfat Creamy Yogurt (14)** Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13) 378:295:67 **20**	**Breakfast Nutrition Bar(40)** Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 515:235:91 **21**	**WG Apple Roll (35)** Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 446:360:82 **22**
Trix Cereal(24) Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13) 506:385:100 **25**	**Breakfast Nutrition Bar(40)** Orange Juice(15) Mixed Fruit Cup 1% or FF White Milk(13) 426:235:68 **26**	**WG Bagel(30)** Fresh Apple(19) 1% or FF White Milk(13) 498:490:62 **27**	**WG Banana Muffin(31)** Mini Vanilla Wafers(19) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 595:325:101 **28**	426:235:68



Thought for Thought

We are all travellers in the wilderness of this world, and the best we can find in our travels is an honest friend. - Robert Louis Stevenson

Tips & Information

1/31/2019 11:43:54 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:467 AvgSod(mg):306 AvgCarbs(g):)77

"or:" = An alternative selection to choose. "WG"=Whole Grain

1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

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