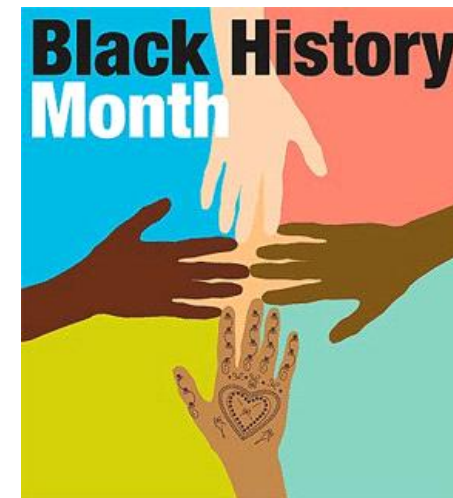




<p>Monday</p> <p>Breakfast Nutrition Bar</p> <p>100% Juice Fruit Cup (55)1% or FF White Milk(13)</p> <p>426:240:68 4</p>	<p>Tuesday</p> <p>Double Chocolate Chip Muffin</p> <p>Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)</p> <p>486:325:74 5</p>	<p>Wednesday</p> <p>Goldfish Grahams</p> <p>(21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)</p> <p>378:295:67 6</p>	<p>Thursday</p> <p>Breakfast Nutrition Bar</p> <p>100% Juice (55)Fresh Banana(23) 1% or FF White Milk(13)</p> <p>515:240:91 7</p>	<p>Friday</p> <p>Raspberry Bar</p> <p>100% Juice (60)Fresh Orange(19) 1% or FF White Milk(13)</p> <p>526:395:92 8</p>
<p>Lucky Charms</p> <p>Animal Grahams Craisins 100% Juice (86)1% or FF White Milk(13)</p> <p>506:430:99 11</p>	<p>Breakfast Nutrition Bar</p> <p>100% Juice (53)1% or FF White Milk(13)</p> <p>386:220:66 12</p>	<p>WG Bagel</p> <p>Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)</p> <p>498:490:62 13</p>	<p>WG Banana Muffin</p> <p>Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)</p> <p>595:330:101 14</p>	<p>WG Goody Bun</p> <p>100% Juice (49)Fresh Orange(19) 1% or FF White Milk(13)</p> <p>486:385:81 15</p>
<p>No School</p> <p>18</p>	<p>Double Chocolate Chip Muffin</p> <p>Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)</p> <p>486:325:74 19</p>	<p>Goldfish Grahams</p> <p>(21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)</p> <p>378:295:67 20</p>	<p>Breakfast Nutrition Bar</p> <p>100% Juice (55)Fresh Banana(23) 1% or FF White Milk(13)</p> <p>515:240:91 21</p>	<p>No School</p> <p>22</p>
<p>Trix Cereal</p> <p>Animal Grahams Craisins 100% Juice(87)1% or FF White Milk(13)</p> <p>506:390:100 25</p>	<p>Breakfast Nutrition Bar</p> <p>100% Juice Fruit Cup (55)1% or FF White Milk(13)</p> <p>426:240:68 26</p>	<p>WG Bagel</p> <p>Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)</p> <p>498:490:62 27</p>	<p>WG Banana Muffin</p> <p>Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)</p> <p>595:330:101 28</p>	<p>556:420:106</p>



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 11:47:35 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:501 AvgSod(mg):355 AvgCarbs(g):86

"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.

