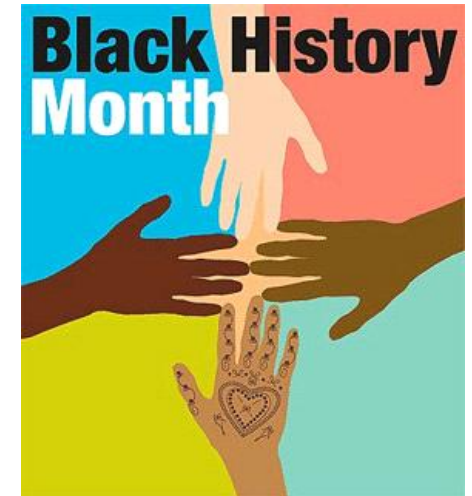




<p><b>Monday</b></p> <p><b>Breakfast Nutrition Bar</b></p> <p>100% Juice Fruit Cup (55)1% or FF White Milk(13)</p> <p>426:240:68 <b>4</b></p>	<p><b>Tuesday</b></p> <p><b>Double Chocolate Chip Muffin</b></p> <p>Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)</p> <p>486:325:74 <b>5</b></p>	<p><b>Wednesday</b></p> <p><b>Goldfish Grahams</b></p> <p>(21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)</p> <p>378:295:67 <b>6</b></p>	<p><b>Thursday</b></p> <p><b>Breakfast Nutrition Bar</b></p> <p>100% Juice (55)Fresh Banana(23) 1% or FF White Milk(13)</p> <p>515:240:91 <b>7</b></p>	<p><b>Friday</b></p> <p><b>Raspberry Bar</b></p> <p>100% Juice (60)Fresh Orange(19) 1% or FF White Milk(13)</p> <p>526:395:92 <b>8</b></p>
<p><b>Lucky Charms</b></p> <p>Animal Grahams Craisins 100% Juice (86)1% or FF White Milk(13)</p> <p>506:430:99 <b>11</b></p>	<p><b>Breakfast Nutrition Bar</b></p> <p>100% Juice (53)1% or FF White Milk(13)</p> <p>386:220:66 <b>12</b></p>	<p><b>WG Bagel</b></p> <p>Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)</p> <p>498:490:62 <b>13</b></p>	<p><b>WG Banana Muffin</b></p> <p>Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)</p> <p>595:330:101 <b>14</b></p>	<p><b>WG Goody Bun</b></p> <p>100% Juice (49)Fresh Orange(19) 1% or FF White Milk(13)</p> <p>486:385:81 <b>15</b></p>
<p><b>No School</b></p> <p><b>18</b></p>	<p><b>Double Chocolate Chip Muffin</b></p> <p>Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)</p> <p>486:325:74 <b>19</b></p>	<p><b>Goldfish Grahams</b></p> <p>(21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)</p> <p>378:295:67 <b>20</b></p>	<p><b>Breakfast Nutrition Bar</b></p> <p>100% Juice (55)Fresh Banana(23) 1% or FF White Milk(13)</p> <p>515:240:91 <b>21</b></p>	<p><b>No School</b></p> <p><b>22</b></p>
<p><b>Trix Cereal</b></p> <p>Animal Grahams Craisins 100% Juice(87)1% or FF White Milk(13)</p> <p>506:390:100 <b>25</b></p>	<p><b>Breakfast Nutrition Bar</b></p> <p>100% Juice Fruit Cup (55)1% or FF White Milk(13)</p> <p>426:240:68 <b>26</b></p>	<p><b>WG Bagel</b></p> <p>Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)</p> <p>498:490:62 <b>27</b></p>	<p><b>WG Banana Muffin</b></p> <p>Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)</p> <p>595:330:101 <b>28</b></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 11:47:48 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.

