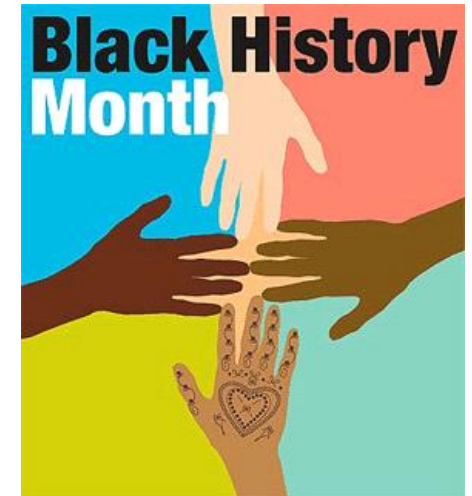




<b>Breakfast Nutrition Bar</b>  100% Juice Fruit Cup (55)1% or FF White Milk(13)  426:240:68 <b>4</b>	<b>Double Chocolate Chip Muffin</b>  Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)  486:325:74 <b>5</b>	<b>Goldfish Grahams</b>  (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19)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



**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 12:04:45 PM

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.

