



Monday	Tuesday	Wednesday	Thursday	Friday
				No School
Cocoa Cherry Nutrition Bar(33)	Double Chocolate Chip Muffin(27)	Dannon Nonfat Creamy Yogurt (14)	Breakfast Nutrition Bar(38)	WG Cinnabar (45)
Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% or FF White Milk(13)	Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13)	Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
4 596:285:109	5 486:320:74	6 378:295:67	7 475:215:89	8 526:390:92
Golden Grahams(24)	Breakfast Nutrition Bar(40)	WG Bagel(30)	WG Banana Muffin(31)	Strawberry Pop Tart(38)
Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Diced Pear Cup Apple Juice(15) 1% or FF White Milk(13)	Fresh Apple(19) 1% or FF White Milk(13)	Mini Vanilla Wafers(19) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	Giant Cinnamon Goldfish(21) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
11 506:465:100	12 426:235:68	13 498:490:62	14 595:325:101	15 556:415:106
Cinnamon Toast Crunch Cereal bar (30)	Double Chocolate Chip Muffin(27)	Dannon Nonfat Creamy Yogurt (14)	Breakfast Nutrition Bar(40)	WG Raspberry Bar (45)
Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Mini Vanilla Wafers(19) Apple Juice(15) Mixed Fruit Cup 1% or FF White Milk(13)	Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13)	Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
18 546:360:106	19 486:320:74	20 378:295:67	21 515:235:91	22 526:390:92
Lucky Charms(23)	Breakfast Nutrition Bar(38)		WG Banana Muffin(31)	WG Goody Bun (34)
Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13)	Orange Juice(15) Diced Peach Cup 1% or FF White Milk(13)	No Breakfast	Mini Vanilla Wafers(19) Fresh Banana(23) Apple Juice(15) 1% or FF White Milk(13)	Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
25 506:425:99	26 386:215:66	27	28 595:325:101	29 486:380:81



Thought for Thought

You cannot build a reputation on what you are going to do. - Henry Ford

Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

2/25/2019 1:41:14 PM
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:498 AvgSod(mg):335 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.

