



Monday	Tuesday	Wednesday	Thursday	Friday
				No School 1
Mixed Berry Rice Krispie Cereal Bar	Double Chocolate Chip Muffin	Goldfish Grahams	Breakfast Nutrition Bar	Cinnabar
Animal Grahams Craisins 100% Juice(96)1% or FF White Milk(13)	Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)	(21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)	100% Juice (53)Fresh Banana(23) 1% or FF White Milk(13)	100% Juice (60)Fresh Orange(19) 1% or FF White Milk(13)
4 596:290:109	5 486:325:74	6 378:295:67	7 475:220:89	8 526:395:92
Golden Grahams Cereal	Breakfast Nutrition Bar	WG Bagel	WG Banana Muffin	WG Strawberry Pop Tart
Animal Grahams Craisins 100% Juice (87)1% or FF White Milk(13)	100% Juice Fruit Cup (55)1% or FF White Milk(13)	Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)	Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)	Giant Goldfish Grahams 100% Juice (74)Fresh Orange(19) 1% or FF White Milk(13)
11 506:470:100	12 426:240:68	13 498:490:62	14 595:330:101	15 556:420:106
Cinnamon Toast Crunch Bar	Double Chocolate Chip Muffin	Goldfish Grahams	Breakfast Nutrition Bar	Raspberry Bar
Animal Grahams Craisins 100% Juice (93)1% or FF White Milk(13)	Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)	(21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)	100 % Juice (55)Fresh Banana(23) 1% or FF White Milk(13)	100% Juice (60)Fresh Orange(19) 1% or FF White Milk(13)
18 546:365:106	19 486:325:74	20 378:295:67	21 515:240:91	22 526:395:92
Lucky Charms	Breakfast Nutrition Bar	WG Bagel	WG Banana Muffin	WG Goody Bun
Animal Grahams Craisins 100% Juice (86)1% or FF White Milk(13)	100% Juice (53)1% or FF White Milk(13)	Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)	Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)	100% Juice (49)Fresh Orange(19) 1% or FF White Milk(13)
25 506:430:99	26 386:220:66	27 498:490:62	28 595:330:101	29 486:385:81



**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.

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

AvgCals:498 AvgSod(mg):347 AvgCarbs(g):85

"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.

