

REDUCE REUSE RECYCLE

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 No School	4 No School	5 No School
8 506:385:100 Trix Cereal(24) Animal Grahams(20) Craisins(28) Apple Juice(15) 1% or FF White Milk(13)	9 No School	10 No School	11 No School	12 476:390:76 WG Breakfast Ring (29) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
15 536:350:103 Mixed Berry Rice Krispies Cereal Bar (27) Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	16 466:354:77 Nutri-grain Bar(30) Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% or FF White Milk(13)	17 378:295:67 Dannon Nonfat Creamy Yogurt (14) Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13)	18 525:320:94 WG Blueberry Bread Slice (43) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	19 No School
22 506:465:100 Golden Grahams(24) Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	23 426:235:68 Breakfast Nutrition Bar(40) Diced Pear Cup Apple Juice(15) 1% or FF White Milk(13)	24 498:490:62 WG Bagel(30) Fresh Apple(19) 1% or FF White Milk(13)	25 595:325:101 WG Banana Muffin(31) Mini Vanilla Wafers(19) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	26 556:415:106 Strawberry Pop Tart(38) Giant Cinnamon Goldfish(21) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
29 546:360:106 Cinnamon Toast Crunch Cereal bar (30) Animal Grahams(20) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	30 466:354:77 Nutri-grain Bar(30) Mini Vanilla Wafers(19) Apple Juice(15) Mixed Fruit Cup 1% or FF White Milk(13)			



Thought for Thought

Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person. - Albert Einstein

Tips & Information

Make a commitment to recycling as much as you can in your household. Along with reducing your consumption and reusing all that you can, recycling can help to reduce the amount of items going into your garbage each week and will ensure that you're contributing to a sustainable and long-term commitment by many communities across the world to making the most of our resources. By recycling regularly, you show other people that it is possible, a good thing to do and that it makes a difference.

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:498 AvgSod(mg):364 AvgCarbs(g):87

"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.

