

REDUCE REUSE RECYCLE

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 No School	4 No School	5 No School
8 506:390:100 Trix Cereal Animal Grahams Craisins 100% Juice(87)1% or FF White Milk(13)	9 426:240:68 Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% or FF White Milk(13)	10 498:490:62 WG Bagel Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)	11 595:330:101 WG Banana Muffin Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)	12 476:395:76 WG Goody Ring 100% Juice(44)Fresh Orange(19) 1% or FF White Milk(13)
15 536:355:103 Mixed Berry Rice Krispie Cereal Bar Animal Grahams Craisins 100% Juice(90)1% or FF White Milk(13)	16 466:359:77 Nutri-grain Bar WG Vanilla Wafers Fruit Cup 100% Juice (64)1% or FF White Milk(13)	17 378:295:67 Goldfish Grahams (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% or FF White Milk(13)	18 525:325:94 Blueberry Bread Slice 100% Juice (58)Fresh Banana(23) 1% or FF White Milk(13)	19 No School
22 506:470:100 Golden Grahams Cereal Animal Grahams Craisins 100% Juice (87)1% or FF White Milk(13)	23 426:240:68 Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% or FF White Milk(13)	24 498:490:62 WG Bagel Cream Cheese Cup (30)Fresh Apple(19) 1% or FF White Milk(13)	25 595:330:101 WG Banana Muffin Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% or FF White Milk(13)	26 556:420:106 WG Strawberry Pop Tart Giant Goldfish Grahams 100% Juice (74)Fresh Orange(19) 1% or FF White Milk(13)
29 546:365:106 Cinnamon Toast Crunch Bar Animal Grahams Craisins 100% Juice (93)1% or FF White Milk(13)	30 466:359:77 Nutri-grain Bar WG Vanilla Wafers Fruit Cup 100% Juice (64)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:499 AvgSod(mg):365 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.

