May, 2019

Jefferson Douglass Academy

May, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		Goldfish Grahams (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14) 1 384:305:68	Froot Loops Cereal Animal Grahams 100% Juice (59)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 2 491:430:96	Raspberry Bar 100% Juice (60)Fresh Orange(19) 1% White or FF Chocolate Milk(14) 3 532:405:93
384:305:68	384:305:68			
Lucky Charms Animal Grahams Craisins 100% Juice (86)1% White or FF Chocolate Milk(14) 6 512:440:100	Breakfast Nutrition Bar 100% Juice (53)1% White or FF Chocolate Milk(14) 7 392:230:67	WG Bagel Cream Cheese Cup (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14) 8 504:500:63	WG Banana Muffin Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 9 601:340:102	WG Goody Bun 100% Juice (49)Fresh Orange(19) 1% White or FF Chocolate Milk(14) 10 492:395:82
Cocoa Puffs Cereal Bar Animal Grahams Craisins 100% Juice(93)1% White or FF Chocolate Milk(14) 13 552:360:107	Nutri-grain Bar WG Vanilla Wafers Fruit Cup 100% Juice (64)1% White or FF Chocolate Milk(14) 14 472:369:78	Goldfish Grahams (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14) 15 384:305:68	Zucchini Bread Slice 100% Juice (58)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 16 531:365:95	WG Apple Roll 100% Juice (50)Fresh Orange(19) 1% White or FF Chocolate Milk(14) 17 452:375:83
Trix Cereal Animal Grahams Craisins 100% Juice(87)1% White or FF Chocolate Milk(14) 20 512:400:101	BreakfastNutrition Bar 100% Juice Fruit Cup (55)1% White or FF Chocolate Milk(14) 21 432:250:69	WG Bagel Cream Cheese Cup (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14) 22 504:500:63	WG Banana Muffin Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 23 601:340:102	No School 24
Happy Memorial Day! No School 27	Nutri-grain Bar WG Vanilla Wafers Fruit Cup 100% Juice (64)1% White or FF Chocolate Milk(14) 28 472:369:78	Goldfish Grahams (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14) 29 384:305:68	Blueberry Bread Slice 100% Juice (58)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 30 531:335:95	Cinnabar 100% Juice (60)Fresh Orange(19) 1% White or FF Chocolate Milk(14) 31 532:405:93

Thought for Thought

The only calendar I need is just outside my window. With eyes to see and ears to hear, nature keeps me posted. - Alfred A. Montapert

Tips & Information

4/18/2019 9:51:11 AM

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

AvgCals:479 AvgSod(mg):362 AvgCarbs(g):)82

"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.