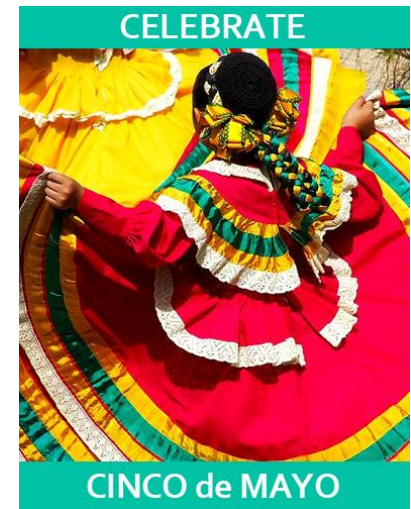




Monday	Tuesday	Wednesday	Thursday	Friday
		Goldfish Grahams (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Froot Loops Cereal Animal Grahams 100% Juice (59)Fresh Banana(23) 1% White or FF Chocolate Milk(14)	Raspberry Bar 100% Juice (60)Fresh Orange(19) 1% White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



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 9:52:44 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.

