



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	384:305:68	1 384:305:68	2 491:430:96	3 532:405:93
Lucky Charms Animal Grahams Craisins 100% Juice (86)1% White or FF Chocolate Milk(14)	Breakfast Nutrition Bar 100% Juice (53)1% White or FF Chocolate Milk(14)	WG Bagel Cream Cheese Cup (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14)	WG Banana Muffin Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% White or FF Chocolate Milk(14)	WG Goody Bun 100% Juice (49)Fresh Orange(19) 1% White or FF Chocolate Milk(14)
6 512:440:100	7 392:230:67	8 504:500:63	9 601:340:102	10 492:395:82
Cocoa Puffs Cereal Bar Animal Grahams Craisins 100% Juice(93)1% White or FF Chocolate Milk(14)	Nutri-grain Bar WG Vanilla Wafers Fruit Cup 100% Juice (64)1% White or FF Chocolate Milk(14)	Goldfish Grahams (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Zucchini Bread Slice 100% Juice (58)Fresh Banana(23) 1% White or FF Chocolate Milk(14)	WG Apple Roll 100% Juice (50)Fresh Orange(19) 1% White or FF Chocolate Milk(14)
13 552:360:107	14 472:369:78	15 384:305:68	16 531:365:95	17 452:375:83
Trix Cereal Animal Grahams Craisins 100% Juice(87)1% White or FF Chocolate Milk(14)	Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% White or FF Chocolate Milk(14)	WG Bagel Cream Cheese Cup (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14)	WG Banana Muffin Mini Vanilla Wafers 100% Juice (65)Fresh Banana(23) 1% White or FF Chocolate Milk(14)	
20 512:400:101	21 432:250:69	22 504:500:63	23 601:340:102	24 No School
Happy Memorial Day! No School	Nutri-grain Bar WG Vanilla Wafers Fruit Cup 100% Juice (64)1% White or FF Chocolate Milk(14)	Goldfish Grahams (21)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Blueberry Bread Slice 100% Juice (58)Fresh Banana(23) 1% White or FF Chocolate Milk(14)	Cinnabar 100% Juice (60)Fresh Orange(19) 1% White or FF Chocolate Milk(14)
27	28 472:369:78	29 384:305:68	30 531:335:95	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 10:34:39 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.

