

October, 2019

Jefferson Douglass Academy

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Monday

Tuesday

Wednesday

Thursday

Friday

	Butterscotch Oatmeal Bar Goldfish Grahams Fruit Cup 100% Juice (60)1% White or FF Chocolate Milk(14) 452:360:74	Granola Packet 100% Juice (36)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14) 444:310:83	Double Chocolate Chip Muffin Animal Grahams 100% Juice (62)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 561:365:99	Cinnabar 100% Juice (60)Fresh Orange(19) 1% White or FF Chocolate Milk(14) 532:405:93
Cinnamon Toast Crunch Cereal Animal Grahams Fruit Cup 100 % Juice (57)1% White or FF Chocolate Milk(14) 402:420:71	Mixed Berry Rice Krispie Cereal Bar Vanille Wafers Fruit Cup 100% Juice(61)1% White or FF Chocolate Milk(14) 452:335:75	WG Bagel Cream Cheese (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14) 504:500:63	Nutri-grain Bar Animal Grahams Craisins 100% Juice (66)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 551:389:103	Raspberry Bar 100% Juice (60)Fresh Orange(19) 1% White or FF Chocolate Milk(14) 532:405:93
Dannon Nonfat Creamy Yogurt (14) 1% White or FF Chocolate Milk(14) 182:200:28	Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% White or FF Chocolate Milk(14) 432:250:69	Granola Packet (37)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14) 494:255:84	WG Blueberry Muffin Animal Grahams 100% Juice (65)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 571:345:102	WG Apple Roll 100% Juice (50)Fresh Orange(19) 1% White or FF Chocolate Milk(14) 452:375:83
	Cocoa Krispie Cereal Bar Vanilla Wafers 100% Juice Fruit Cup (61)1% White or FF Chocolate Milk(14) 462:370:75	WG Bagel Cream Cheese (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14) 504:500:63	Froot Loops Cereal Animal Grahams 100% Juice (59)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 491:430:96	WG Goody Bun 100% Juice (49)Fresh Orange(19) 1% White or FF Chocolate Milk(14) 492:395:82
No School				
Golden Grahams Cereal Animal Grahams Fruit Cup 100% Juice (59)1% White or FF Chocolate Milk(14) 402:480:73	Breakfast Nutrition Bar Fruit Cup 100% Juice (66)1% White or FF Chocolate Milk(14) 462:230:80	Granola Packet (37)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14) 494:255:84	Zucchini Bread Slice 100% Juice (58)Fresh Banana(23) 1% White or FF Chocolate Milk(14) 531:365:95	



Thought for Thought

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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

AvgCals:470 AvgSod(mg):360 AvgCarbs(g):79

"or:" = An alternative selection to choose. "WG"=Whole Grain

1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****