



Monday

Tuesday

Wednesday

Thursday

Friday

				WG Breakfast Ring (29) Apple Juice(15) Fresh Orange(38) 1% White or FF Chocolate Milk(14)
602:780:106	602:780:106	602:780:106	602:780:106	1 602:780:106
Cocoa Puff Cereal Bar (30) Animal Grahams(20) Apple Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)		Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Double Chocolate Chip Muffin(27) Mini Vanilla Wafers(19) Fresh Banana(46) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Cinnabar (45) Apple Juice(15) Fresh Orange(38) 1% White or FF Chocolate Milk(14)
4 482:735:89	5 No School 80:760:20	6 534:635:94	7 710:710:131	8 652:780:122
Cinnamon Toast Crunch Cereal(22) Animal Grahams(20) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)	Mixed Berry Rice Krispies Cereal Bar (27) Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)	WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Nutri-grain Bar(30) Giant Cinnamon Goldfish(21) Fresh Banana(46) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Raspberry Bar (45) Apple Juice(15) Fresh Orange(38) 1% White or FF Chocolate Milk(14)
11 442:795:81	12 492:710:85	13 544:880:73	14 680:764:136	15 652:780:122
Frosted Flakes(25) Mini Vanilla Wafers(19) Apple Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)	Breakfast Nutrition Bar(40) Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	WG Blueberry Muffin(30) Animal Grahams(20) Fresh Banana(46) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Apple Roll (35) Apple Juice(15) Fresh Orange(38) 1% White or FF Chocolate Milk(14)
18 522:765:96	19 472:625:79	20 534:635:94	21 700:720:135	22 572:750:112
Trix Cereal(24) Animal Grahams(20) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)	Cocoa Krispies Cereal Bar (27) Mini Vanilla Wafers(19) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)			
25 442:775:83	26 502:745:85	27 No School 80:760:20	28 Thanksgiving Day 80:760:20	29 No School 80:760:20



Thought for Thought

Tips & Information

Eating pumpkins is good for you! It Contains 9 Important nutrients– Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:490 AvgSod(mg):749 AvgCarbs(g):89

"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

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

