

Monday

Tuesday

Wednesday

Thursday

Friday

				WG Goody Ring 100% Juice(44)Fresh Orange(19) 1% White or FF Chocolate Milk(14)
522:785:87	522:785:87	522:785:87	522:785:87	1 522:785:87
Cocoa Puffs Cereal Bar Animal Grahams Fruit Cup 100% Juice (65)1% White or FF Chocolate Milk(14)	No School	Granola Packet 100% Juice (36)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Double Chocolate Chip Muffin Animal Grahams 100% Juice (62)Fresh Banana(23) 1% White or FF Chocolate Milk(14)	Cinnabar 100% Juice (60)Fresh Orange(19) 1% White or FF Chocolate Milk(14)
4 482:740:89	5 80:760:20	6 484:690:93	7 601:745:109	8 572:785:103
Cinnamon Toast Crunch Cereal Animal Grahams Fruit Cup 100% Juice (57)1% White or FF Chocolate Milk(14)	Mixed Berry Rice Krispie Cereal Bar Vanilla Wafers Fruit Cup 100% Juice(61)1% White or FF Chocolate Milk(14)	WG Bagel Cream Cheese (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Nutri-grain Bar Animal Grahams Craisins 100% Juice (66)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)
11 442:800:81	12 492:715:85	13 544:880:73	14 591:769:113	15 572:785:103
Frosted Flakes Vanilla Wafers Fruit Cup 100% Juice (72)1% White or FF Chocolate Milk(14)	Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% White or FF Chocolate Milk(14)	Granola Packet (37)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	WG Blueberry Muffin Animal Grahams 100% Juice (65)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)
18 522:770:96	19 472:630:79	20 534:635:94	21 611:725:112	22 492:755:93
Trix Cereal Animal Grahams Craisins 100% Juice(87)1% White or FF Chocolate Milk(14)	Cocoa Krispie Cereal Bar Vanilla Wafers 100% Juice Fruit Cup (61)1% White or FF Chocolate Milk(14)	No School	Thanksgiving Day	No School
25 552:780:111	26 502:750:85	27 80:760:20	28 80:760:20	29 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!

10/18/2019 1:47:50 PM

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

AvgCals:455 AvgSod(mg):756 AvgCarbs(g):81

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

1% White & Fat Free Chocolate Milk available daily.

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

