



Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2 No School	3 No School
Golden Grahams Cereal	Breakfast Nutrition Bar	WG Bagel	WG Banana Muffin	WG Goody Ring
Animal Grahams Fruit Cup 100% Juice (59)1% White or FF Chocolate Milk(14)	Fruit Cup 100% Juice (66)1% White or FF Chocolate Milk(14)	Cream Cheese (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Mini Vanilla Wafers 100% Juice (65)Fresh Orange(19) 1% White or FF Chocolate Milk(14)	100% Juice(44)Fresh Banana(23) 1% White or FF Chocolate Milk(14)
6 402:480:73	7 462:230:80	8 504:500:63	9 592:340:98	10 491:405:81
Cocoa Puffs Cereal Bar	Butterscotch Oatmeal Bar	Granola Packet	Double Chocolate Chip Muffin	Cinnabar
Animal Grahams Fruit Cup 100% Juice (65)1% White or FF Chocolate Milk(14)	Goldfish Grahams Fruit Cup 100% Juice (60)1% White or FF Chocolate Milk(14)	100% Juice (52)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate	Animal Grahams 100% Juice (62)Fresh Orange(19) 1% White or FF Chocolate Milk(14)	100% Juice (60)Fresh Banana(23) 1% White or FF Chocolate Milk(14)
13 442:360:79	14 452:360:74	15 554:260:99	16 552:365:95	17 541:405:97
	Mixed Berry Rice Krispie Cereal Bar	WG Bagel	Nutri-grain Bar	Raspberry Bar
	Vanille Wafers Fruit Cup 100% Juice(61)1% White or FF Chocolate Milk(14)	Cream Cheese (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Animal Grahams Craisins 100% Juice (66)Fresh Orange(19) 1% White or FF Chocolate	100% Juice (60)Fresh Banana(23) 1% White or FF Chocolate Milk(14)
20 MLK Day	21 452:335:75	22 504:500:63	23 542:389:99	24 541:405:97
Frosted Flakes	Breakfast Nutrition Bar	Granola Packet	WG Blueberry Muffin	WG Apple Roll
Vanilla Wafers Fruit Cup 100% Juice (72)1% White or FF Chocolate Milk(14)	100% Juice Fruit Cup (55)1% White or FF Chocolate Milk(14)	(37)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Animal Grahams 100% Juice (65)Fresh Orange(19) 1% White or FF Chocolate Milk(14)	100% Juice (50)Fresh Banana(23) 1% White or FF Chocolate Milk(14)
27 482:390:86	28 432:250:69	29 494:255:84	30 562:345:98	31 461:375:87



Thought for Thought

The best way to have a good idea is to have lots of ideas. - Linus Pauling

Tips & Information

It's a well-documented fact that very first snowman was made in Eau Claire, Wisconsin on January 7, 1809 by Vernon Paul and his 9 year old daughter, Yetty Paul. According to Mr. Paul, he told his daughter that the snowman was intended to frighten away the Boxing Day elves (popular legend said Boxing Day elves reclaimed Christmas presents). Once the Paul family's neighbors saw the snowman, and Yetty explained to her friends how easy it was to make, children all over the town were making snowmen.

12/18/2019 7:47:31 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:498 AvgSod(mg):365 AvgCarbs(g):84

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



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