



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Breakfast Nutrition Bar</b>  100% Juice Fruit Cup (55)1% White or FF Chocolate Milk(14)	<b>Granola Packet</b>  (37)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	<b>WG Blueberry Muffin</b>  Animal Grahams 100% Juice (65)Fresh Orange(19) 1% White or FF Chocolate Milk(14)	<b>WG Apple Roll</b>  100% Juice (50)Fresh Banana(23) 1% White or FF Chocolate Milk(14)
<b>2</b> No School	<b>3</b> 432:250:69	<b>4</b> 494:255:84	<b>5</b> 562:345:98	<b>6</b> 461:375:87
<b>Trix Cereal</b>  Animal Grahams Crisins 100% Juice(87)1% White or FF Chocolate Milk(14)	<b>Cocoa Krispie Cereal Bar</b>  Vanilla Wafers 100% Juice Fruit Cup (61)1% White or FF Chocolate Milk(14)	<b>WG Bagel</b>  Cream Cheese (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14)	<b>Fresh Orange(19)</b>  1% White or FF Chocolate Milk(14)	<b>WG Goody Bun</b>  100% Juice (49)Fresh Banana(23) 1% White or FF Chocolate Milk(14)
<b>9</b> 512:400:101	<b>10</b> 462:370:75	<b>11</b> 504:500:63	<b>12</b> 502:225:90	<b>13</b> 501:395:86
<b>Golden Grahams Cereal</b>  Animal Grahams Fruit Cup 100% Juice (59)1% White or FF Chocolate Milk(14)	<b>Breakfast Nutrition Bar</b>  Fruit Cup 100% Juice (66)1% White or FF Chocolate Milk(14)	<b>WG Bagel</b>  Cream Cheese (30)Fresh Apple(19) 1% White or FF Chocolate Milk(14)	<b>WG Banana Muffin</b>  Mini Vanilla Wafers 100% Juice (65)Fresh Orange(19) 1% White or FF Chocolate Milk(14)	<b>WG Goody Ring</b>  100% Juice(44)Fresh Banana(23) 1% White or FF Chocolate Milk(14)
<b>16</b> 402:480:73	<b>17</b> <b>St.Patrick's Day</b> 462:230:80	<b>18</b> 504:500:63	<b>19</b> 592:340:98	<b>20</b> 491:405:81
<b>Cocoa Puffs Cereal Bar</b>  Animal Grahams Fruit Cup 100% Juice (65)1% White or FF Chocolate Milk(14)	<b>Butterscotch Oatmeal Bar</b>  Goldfish Grahams Fruit Cup 100% Juice (60)1% White or FF Chocolate Milk(14)	<b>Granola Packet</b>  100% Juice (52)Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	<b>Double Chocolate Chip Muffin</b>  Animal Grahams 100% Juice (62)Fresh Orange(19) 1% White or FF Chocolate Milk(14)	<b>Cinnabar</b>  100% Juice (60)Fresh Banana(23) 1% White or FF Chocolate Milk(14)
<b>23</b> 442:360:79	<b>24</b> 452:360:74	<b>25</b> 554:260:99	<b>26</b> 552:365:95	<b>27</b> 541:405:97
<b>Cinnamon Toast Crunch Cereal</b>  Animal Grahams Fruit Cup 100 % Juice (57)1% White or FF Chocolate Milk(14)	<b>Mixed Berry Rice Krispie Cereal Bar</b>  Vanille Wafers Fruit Cup 100% Juice(61)1% White or FF Chocolate Milk(14)			
<b>30</b> 402:420:71	<b>31</b> 452:335:75			



### Thought for Thought

A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world. - Oscar Wilde

### Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:489 AvgSod(mg):360 AvgCarbs(g):82

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



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