



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



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****