



Monday	Tuesday	Wednesday	Thursday	Friday
Frosted Flakes Animal Grahams Craisins 100% Juice (87)1% or FF White Milk(13) 3 496:440:100	Double Chocolate Chip Muffin Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13) 4 486:325:74	WG Goldfish Grahams Fresh Apple (40)Dannon Nonfat Creamy Yogurt (14) 1% or FF White Milk(13) 5 378:295:67	Oatmeal Cocoa Crisp Bar Fresh Orange 100% Juice (76)1% or FF White Milk(13) 6 475:220:89	Cinnabar Fresh Fresh Orange 100% Juice(79)1% or FF White Milk(13) 7 526:395:92
Cocoa Krispie Cereal Bar Animal Grahams 100% Juice Craisins (90)1% or FF White Milk(13) 10 546:390:103	Breakfast Nutrition Bar 100% Juice Fruit Cup (55)1% or FF White Milk(13) 11 426:240:68	WG Bagel with Cream Cheese Fresh Apple(49)1% or FF White Milk(13) 12 498:490:62	WG Banana Muffin Mini Vanilla Wafers 100% Juice Fresh Banana (88)1% or FF White Milk(13) 13 595:330:101	WG Strawberry Pop Tart Animal Grahams Fresh Apple (93)1% or FF White Milk(13) 14 556:420:106
Cinnamon Toast Crunch Cereal Animal Grahams Craisins 100% Juice (85)1% or FF White Milk(13) 17 506:410:98	Double Chocolate Chip Muffin Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13) 18 486:325:74	WG Goldfish Grahams Fresh Apple (40)Dannon Nonfat Creamy Yogurt (14) 1% or FF White Milk(13) 19 378:295:67	Breakfast Nutrition Bar 100% Juice Fresh Banana (78)1% or FF White Milk(13) 20 515:240:91	Raspberry Bar 100% Juice Fresh Orange (79)1% or FF White Milk(13) 21 526:395:92
No School 24	No School 25	No School 26	No School 27	No School 28
No School 31				



Thought for Thought
 Happiness is not a destination. It is a method of life. -
 Burton Hills

Tips & Information

The oldest pair of skates known date back to about 3000 B.C., found at the bottom of a lake in Switzerland. The skates were made from the leg bones of large animals, holes were bored at each end of the bone and leather straps were used to tie the skates on. Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:492 AvgSod(mg):347 AvgCarbs(g):85
 "or:" = An alternative selection to choose. "WG"=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****
 This institution is an equal opportunity provider.

