



Monday	Tuesday	Wednesday	Thursday	Friday
			WG Banana Muffin Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk	WG Strawberry Pop Tart Animal Grahams Fresh Apple 1% or FF White Milk
Cinnamon Toast Crunch Cereal Animal Grahams Craisins 100% Juice 1% or FF White Milk	No School	WG Goldfish Grahams Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk	Breakfast Nutrition Bar 100% Juice Fresh Banana 1% or FF White Milk	Raspberry Bar 100% Juice Fresh Orange 1% or FF White Milk
Nutri-grain Bar Animal Grahams Craisins 100% Juice 1% or FF White Milk	Breakfast Nutrition Bar Fruit Cup 100% Juice 1% or FF White Milk	WG Bagel with Cream Cheese Fresh Apple 1% or FF White Milk	WG Banana Muffin Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk	WG Cinnamon Roll 100% Juice Fresh Orange 1% or FF White Milk
Cocoa Puffs Cereal Animal Grahams Craisins 100% Juice 1% or FF White Milk	Double Chocolate Chip Muffin Mini Vanilla Wafers Fruit Cup 100% Juice 1% or FF White Milk	No School	Thanksgiving Day	No School
Trix Cereal Bar WG Animal Grahams Craisins 100% Juice 1% or FF White Milk	Breakfast Nutrition Bar 100% Juice Fruit Cup 1% or FF White Milk	WG Bagel with Cream Cheese Fresh Apple 1% or FF White Milk	WG Banana Muffin Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk	WG Breakfast Ring 100% Juice Fresh Orange 1% or FF White Milk



Thought for Thought

Wrinkles should merely indicate where smiles have been. - Mark Twain

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!

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"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.

