



Monday	Tuesday	Wednesday	Thursday	Friday
		WG Bagel Fresh Apple 1% or FF White Milk	WG Double Chocolate Chip Muffin Animal Grahams Fresh Banana Orange Juice 1% or FF White Milk	Golden Grahams Mini Vanilla Wafers Apple Juice Fresh Orange 1% or FF White Milk
Breakfast Nutrition Bar Craisins Orange Juice 1% or FF White Milk	No School	Breakfast Nutrition Bar Fresh Apple 1% or FF White Milk	Dannon Nonfat Creamy Yogurt WG Granola Pack Fresh Banana Orange Juice 1% or FF White Milk	Frosted Corn Flakes Animal Grahams Apple Juice Fresh Orange 1% or FF White Milk
Cinnamon Toast Crunch Cereal Mini Vanilla Wafers Craisins Orange Juice 1% or FF White Milk	Breakfast Nutrition Bar Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	Honey Wheat Bagel with Jam Fresh Apple 1% or FF White Milk	WG Banana Muffin Giant Cinnamon Goldfish Fresh Banana Orange Juice 1% or FF White Milk	Trix Cereal Animal Grahams Apple Juice Fresh Orange 1% or FF White Milk
Lucky Charms Mini Vanilla Wafers Craisins Orange Juice 1% or FF White Milk	Breakfast Nutrition Bar Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	WG Breakfast Ring Fresh Apple 1% or FF White Milk	Thanksgiving Day	No School
Lucky Charms Giant Cinnamon Goldfish Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	Breakfast Nutrition Bar Craisins Orange Juice 1% or FF White Milk	WG Bagel Fresh Apple 1% or FF White Milk	WG Double Chocolate Chip Muffin Animal Grahams Fresh Banana Orange Juice 1% or FF White Milk	



Thought for Thought

Daring ideas are like chessmen moved forward. They may be beaten, but they may start a winning game. - Goethe

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!

"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.

