



Monday	Tuesday	Wednesday	Thursday	Friday
				WG Breakfast Ring
				100% Juice Fresh Orange 1% or FF White Milk
Mixed Berry Rice Krispie Cereal Bar	Double Chocolate Chip Muffin	WG Goldfish Grahams	Oatmeal Cocoa Crisp Bar	Cinnabar
Animal Grahams Craisins 100% Juice 1% or FF White Milk	Mini Vanilla Wafers Fruit Cup 100% Juice 1% or FF White Milk	Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk	Fresh Orange 100% Juice 1% or FF White Milk	Fresh Fresh Orange 100% Juice 1% or FF White Milk
4	5	6	7	8
Golden Grahams Cereal	Breakfast Nutrition Bar	WG Bagel with Cream Cheese	WG Banana Muffin	WG Strawberry Pop Tart
Animal Grahams Craisins 100% Juice 1% or FF White Milk	100% Juice Fruit Cup 1% or FF White Milk	Fresh Apple 1% or FF White Milk	Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk	Animal Grahams Fresh Apple 1% or FF White Milk
11	12	13	14	15
Cinnamon Toast Crunch Bar	Double Chocolate Chip Muffin	WG Goldfish Grahams	Breakfast Nutrition Bar	Raspberry Bar
Animal Grahams Craisins 100% Juice 1% or FF White Milk	Mini Vanilla Wafers Fruit Cup 100% Juice 1% or FF White Milk	Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk	100% Juice Fresh Banana 1% or FF White Milk	100% Juice Fresh Orange 1% or FF White Milk
18	19	20	21	22
Lucky Charms	Breakfast Nutrition Bar	WG Bagel with Cream Cheese	WG Banana Muffin	WG Goody Bun
Animal Grahams Craisins 100% Juice 1% or FF White Milk	Fruit Cup 100% Juice 1% or FF White Milk	Fresh Apple 1% or FF White Milk	Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk	100% Juice Fresh Orange 1% or FF White Milk
25	26	27	28	29



Thought for Thought

Desperation is sometimes as powerful an inspirer as genius. - Benjamin Disraeli

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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"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.

