



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>WG Banana Muffin</b>  Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk	<b>WG Strawberry Pop Tart</b>  Animal Grahams Fresh Apple 1% or FF White Milk
5	6	7	8	9
<b>Cinnamon Toast Crunch Cereal</b>  Animal Grahams Craisins 100% Juice 1% or FF White Milk	<b>No School</b>	<b>WG Goldfish Grahams</b>  Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk	<b>Breakfast Nutrition Bar</b>  100% Juice Fresh Banana 1% or FF White Milk	<b>Raspberry Bar</b>  100% Juice Fresh Orange 1% or FF White Milk
12	13	14	15	16
<b>Nutri-grain Bar</b>  Animal Grahams Craisins 100% Juice 1% or FF White Milk	<b>Breakfast Nutrition Bar</b>  Fruit Cup 100% Juice 1% or FF White Milk	<b>WG Bagel with Cream Cheese</b>  Fresh Apple 1% or FF White Milk	<b>WG Banana Muffin</b>  Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk	<b>WG Cinnamon Roll</b>  100% Juice Fresh Orange 1% or FF White Milk
19	20	21	22	23
<b>Cocoa Puffs Cereal</b>  Animal Grahams Craisins 100% Juice 1% or FF White Milk	<b>Double Chocolate Chip Muffin</b>  Mini Vanilla Wafers Fruit Cup 100% Juice 1% or FF White Milk	<b>WG Goldfish Grahams</b>  Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk	<b>Thanksgiving Day</b>	<b>No School</b>
26	27	28	29	30
<b>Trix Cereal Bar</b>  WG Animal Grahams Craisins 100% Juice 1% or FF White Milk	<b>Breakfast Nutrition Bar</b>  100% Juice Fruit Cup 1% or FF White Milk	<b>WG Bagel with Cream Cheese</b>  Fresh Apple 1% or FF White Milk	<b>WG Banana Muffin</b>  Mini Vanilla Wafers 100% Juice Fresh Banana 1% or FF White Milk	<b>WG Breakfast Ring</b>  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!

10/9/2018 3:01:26 PM

\*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.

