



Monday	Tuesday	Wednesday	Thursday	Friday
			WG Banana Muffin(31)	Breakfast Nutrition Bar(40)
575:355:102	575:355:102	575:355:102	1 Animal Grahams(20) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	2 Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
Cinnamon Toast Crunch Cereal(22)	Breakfast Nutrition Bar(38)	Honey Wheat Bagel with Jam (43)	WG Cinnabar (45)	Golden Grahams(24)
Giant Cinnamon Goldfish(21) Apple Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13)	Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Fresh Apple(19) 1% or FF White Milk(13)	Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	Mini Vanilla Wafers(19) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
5 526:420:101	6 496:215:94	7 383:265:75	8 535:390:96	9 496:435:90
	Frosted Corn Flakes(24)	WG Banana Muffin(31)	Dannon Nonfat Creamy Yogurt (14)	Breakfast Nutrition Bar(40)
No School	Giant Cinnamon Goldfish(21) Apple Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13)	Animal Grahams(20) Fresh Apple(19) 1% or FF White Milk(13)	Giant Cinnamon Goldfish(21) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
12	13 516:450:103	14 498:355:83	15 455:295:86	16 506:235:87
Cinnamon Toast Crunch Cereal(22)	Breakfast Nutrition Bar(38)	Honey Wheat Bagel with Jam (43)	Double Chocolate Chip Muffin(27)	Golden Grahams(24)
Mini Vanilla Wafers(19) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Apple Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13)	Fresh Apple(19) 1% or FF White Milk(13)	Giant Cinnamon Goldfish(21) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	Animal Grahams(20) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
19 526:375:97	20 506:240:96	21 383:265:75	22 565:340:99	23 476:465:91
Breakfast Nutrition Bar(40)	Frosted Corn Flakes(24)	WG Breakfast Ring (29)	WG Banana Muffin(31)	
Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Giant Cinnamon Goldfish(21) Apple Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13)	Fresh Apple(19) 1% or FF White Milk(13)	Animal Grahams(20) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	No School
26 536:235:96	27 516:450:103	28 408:390:61	29 575:355:102	30



Thought for Thought

Life is a progress, and not a station. - Ralph Waldo Emerson

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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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:509 AvgSod(mg):340 AvgCarbs(g):92

"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.

