



Monday	Tuesday	Wednesday	Thursday	Friday
			WG Banana Muffin(31)	Breakfast Nutrition Bar(40)
575:355:102	575:355:102	575:355:102	1 575:355:102	2 506:235:87
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.

2/14/2018 2:21:15 PM

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.

