



Monday	Tuesday	Wednesday	Thursday	Friday
			Deli Combo Sub on WW Roll	Turkey & Cheese Sandwich on Wheat Bread
			Red Pepper Slices Chefs Choice Fresh Fruit (67)1% White or FF Flavored Milk(19)	Celery Sticks Apple Slices (65)1% White or FF Flavored Milk(19)
643:1526:86	643:1526:86	643:1526:86	1 643:1526:86	2 615:1366:84
Turkey Ham Sandwich on WW Thin Bun	Chicken Salad Wrap	Turkey Bologna & Cheese Sandwich	Turkey & Swiss on Thin Bun	Sunbutter & Jelly Sandwich
Celery Sticks Fresh Fruit (23)1% White or FF Flavored Milk(19)	ColeSlaw Cup Applesauce Cup (82)1% White or FF Flavored Milk(19)	Grape Tomatoes Fresh Fruit (87)1% White or FF Flavored Milk(19)	Rainbow Cauliflower Chefs Choice Fresh Fruit (46)1% White or FF Flavored Milk(19)	String Cheese Baby Carrots Apple Slices (32)1% White or FF Flavored Milk(19)
5 278:668:43	6 374:1060:101	7 752:1576:106	8 483:1016:65	9 364:500:51
	BBQ Chicken Sandwich on WW Bun	Turkey & Cheese Pita	Turkey Salami & Cheese on Wheat Bread	Italian Sub(Turkey Ham, Turkey Salami, Mozz Chz)
	Cucumber Slices Applesauce Cup (57)1% White or FF Flavored Milk(19)	Grape Tomatoes Fresh Fruit (113)1% White or FF Flavored Milk(19)	Cole Slaw Cup Chefs Choice Fresh Fruit (80)1% White or FF Flavored Milk(19)	Celery Sticks Apple Slices (48)1% White or FF Flavored Milk(19)
No School	13 488:497:76	14 786:1492:132	15 689:1713:99	16 453:1030:67
Turkey Sandwich on WW Thin Bun	Honey Mustard Chicken	Salami & Cheese Sub	Turkey Ham & Cheese Sandwich on WW Bread	Turkey & Swiss on Thin Bun
Carrot Coins Fresh Fruit (47)1% White or FF Flavored Milk(19)	Wheat Pita Sliced Cucumbers Fresh Fruit (59)1% White or FF Flavored Milk(19)	Grape Tomatoes Fresh Fruit (69)1% White or FF Flavored Milk(19)	Rainbow Cauliflower Chefs Choice Fresh Fruit (80)1% White or FF Flavored Milk(19)	Rainbow Cauliflower Chefs Choice Fresh Fruit (46)1% White or FF Flavored Milk(19)
19 425:676:67	20 473:624:78	21 571:1231:88	22 645:1381:99	23 483:1016:65
Turkey Ham on WW Thin Bun	Ranch Chicken Salad Cup	Salami & Cheese on WW Thin Bun	Deli Combo Sub on WW Roll	
Broccoli & Carrots Fresh Fruit (40)1% White or FF Flavored Milk(19)	WW Crackers Cucumber Slices Applesauce Cup (42)1% White or FF Flavored Milk(19)	Carrot Coins Fresh Fruit (48)1% White or FF Flavored Milk(19)	Red Pepper Slices Chefs Choice Fresh Fruit (67)1% White or FF Flavored Milk(19)	
26 329:488:59	27 788:664:61	28 467:1071:68	29 643:1526:86	30 No School



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:551 AvgSod(mg):1117 AvgCarbs(g):79

"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.

