



Monday	Tuesday	Wednesday	Thursday	Friday
				Golden Grahams  Mini Vanilla Wafers Apple Juice Fresh Orange 1% or FF White Milk
Cinnamon Toast Crunch Cereal Giant Cinnamon Goldfish Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	Breakfast Nutrition Bar  Craisins Orange Juice 1% or FF White Milk	Honey Wheat Bagel with Jam Fresh Apple 1% or FF White Milk	Double Chocolate Chip Muffin Animal Grahams Fresh Banana Orange Juice 1% or FF White Milk	1    No School
4 Breakfast Nutrition Bar  Craisins Orange Juice 1% or FF White Milk	5 Frosted Corn Flakes Giant Cinnamon Goldfish Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	6 WG Banana Muffin Animal Grahams Fresh Apple 1% or FF White Milk	7 Dannon Nonfat Creamy Yogurt Giant Cinnamon Goldfish Fresh Banana Orange Juice 1% or FF White Milk	8 Breakfast Nutrition Bar  Apple Juice Fresh Orange 1% or FF White Milk
11 Cinnamon Toast Crunch Cereal Mini Vanilla Wafers Craisins Orange Juice 1% or FF White Milk	12 Breakfast Nutrition Bar  Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	13 Honey Wheat Bagel with Jam Fresh Apple 1% or FF White Milk	14 Double Chocolate Chip Muffin Giant Cinnamon Goldfish Fresh Banana Orange Juice 1% or FF White Milk	15 Golden Grahams Animal Grahams Apple Juice Fresh Orange 1% or FF White Milk
18    No School	19    No School	20    No School	21    No School	22    No School
25    No School	26    No School	27    No School	28    No School	29    No School



### Thought for Thought

My hopes are not always realized, but I always hope. - Ovid

### Tips & Information

The oldest pair of skates known date back to about 3000 B.C., found at the bottom of a lake in Switzerland. The skates were made from the leg bones of large animals, holes were bored at each end of the bone and leather straps were used to tie the skates on. Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

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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.

