



Monday	Tuesday	Wednesday	Thursday	Friday
			WG Pancake(58)	Breakfast Nutrition Bar(40)
			Turkey Sausage(1) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
595:567:110	595:567:110	595:567:110	1 595:567:110	2 506:235:87
Cinnamon Toast Crunch Cereal(22)	WG Pancake(58)	Honey Wheat Bagel with Jam (43)	Jumbo Waffle(62)	Golden Grahams(24)
Giant Cinnamon Goldfish(21) Apple Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13)	Turkey Sausage(1) Orange Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13)	Fresh Apple(19) 1% or FF White Milk(13)	Turkey Sausage(1) 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	6 626:592:117	7 383:265:75	8 632:877:114	9 496:435:90
Breakfast Nutrition Bar(40)	WG Cinnamon French Toast(44)	WG Banana Muffin(31)	French Toast Sticks w/ Syrup(59)	Breakfast Nutrition Bar(40)
Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Turkey Sausage(1) Orange 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)	Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13)
12 536:235:96	13 549:502:103	14 498:355:83	15 585:455:110	16 506:235:87
Cinnamon Toast Crunch Cereal(22)	WG Pancake(58)	Honey Wheat Bagel with Jam (43)	Jumbo Waffle(62)	Golden Grahams(24)
Mini Vanilla Wafers(19) Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Turkey Sausage(1) Orange Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13)	Fresh Apple(19) 1% or FF White Milk(13)	Turkey Sausage(1) 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	20 626:592:117	21 383:265:75	22 632:877:114	23 476:465:91
Breakfast Nutrition Bar(40)	WG Cinnamon French Toast(44)	WG Breakfast Ring (29)	WG Pancake(58)	
Craisins(28) Orange Juice(15) 1% or FF White Milk(13)	Turkey Sausage(1) Orange Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13)	Fresh Apple(19) 1% or FF White Milk(13)	Turkey Sausage(1) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13)	
26 536:235:96	27 549:502:103	28 408:390:61	29 595:567:110	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:538 AvgSod(mg):455 AvgCarbs(g):98
"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.

