



Monday	Tuesday	Wednesday	Thursday	Friday
Frosted Flakes(25) Mini Vanilla Wafers(19) Pineapple Tidbits(17) Apple Juice(15) 1% White or FF Chocolate Milk(14)	Jumbo Waffle(62) Turkey Sausage(1) Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	WG Cinnamon French Toast(44) Turkey Sausage(1) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)	WG Apple Roll (35) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)
2 482:385:90	3 549:887:92	4 494:255:84	5 515:487:93	6 461:370:87
Trix Cereal(24) Animal Grahams(20) Diced Pears(14) Orange Juice(15) 1% White or FF Chocolate Milk(14)	Egg & Cheese on WG English Muffin(24) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)	WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	WG Pancake(58) Turkey Sausage(1) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)	WG Goody Bun (34) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)
9 452:395:87	10 382:530:53	11 504:500:63	12 592:577:107	13 501:390:86
Golden Grahams(24) Animal Grahams(20) Diced Peaches(14) Apple Juice(15) 1% White or FF Chocolate Milk(14)	WG Cinnamon French Toast(44) Turkey Sausage(1) Orange Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)	WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Jumbo Waffle(62) Turkey Sausage(1) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)	No School
16 455:481:87	17 St.Patrick's Day 505:487:87	18 504:500:63	19 629:887:111	20
Cocoa Puff Cereal Bar (30) Animal Grahams(20) Fruit mix(17) Apple Juice(15) 1% White or FF Chocolate Milk(14)	WG Pancake(58) Turkey Sausage(1) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Egg & Cheese on WG English Muffin(24) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)	WG Cinnabar (45) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)
23 502:365:96	24 512:577:88	25 494:255:84	26 462:530:72	27 541:400:97
Cinnamon Toast Crunch Cereal(22) Animal Grahams(20) Mandarin Orange(20) Apple Juice(15) 1% White or FF Chocolate Milk(14)	WG Pancake(58) Turkey Sausage(1) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)			
30 492:435:91	31 512:577:88			



Thought for Thought

A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world. - Oscar Wilde

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:501 AvgSod(mg):489 AvgCarbs(g):86

"or." = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.



****Menu Subject to Change****