



Monday

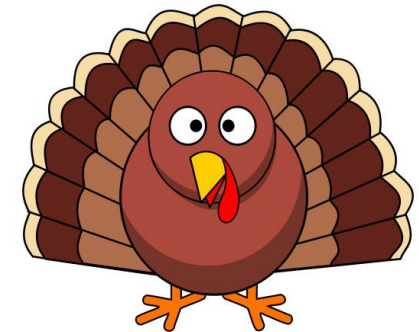
Tuesday

Wednesday

Thursday

Friday

		WG Bagel w/Cream cheese Fresh Apple 1% White Milk	Smore Nutrition Bar Fresh Apple Apple Juice 1% White Milk	WG Goody Bun Fresh Banana Orange Juice 1% White Milk
1	2 No School	3	4	5
Golden Grahams Animal Grahams Diced Peaches Apple Juice 1% White Milk	Breakfast Nutrition Bar Orange Juice Pineapple Tidbits Cup 1% White Milk	Dannon Nonfat Creamy Yogurt Giant Cinnamon Goldfish Fresh Apple 1% White Milk	WG Banana Muffin Cinnamon Applesauce Cup Apple Juice 1% White Milk	WG Breakfast Ring Fresh Banana Orange Juice 1% White Milk
8	9	10	11	12
Cocoa Puff Cereal Bar Animal Grahams Fruit mix Apple Juice 1% White Milk	Butterscotch Oatmeal Bar Giant Cinnamon Goldfish Diced Pear Cup Orange Juice 1% White Milk	WG Bagel w/Cream cheese Fresh Apple 1% White Milk	Double Chocolate Chip Muffin Mini Vanilla Wafers Applesauce Cup Apple Juice 1% White Milk	WG Cinnabar Fresh Banana Orange Juice 1% White Milk
15	16	17	18	19
Cinnamon Toast Crunch Cereal Animal Grahams Mandarin Orange Apple Juice 1% White Milk	Mixed Berry Rice Krispies Cereal Bar Mini Vanilla Wafers Apple Juice Diced Peach Cup 1% White Milk	WG Bagel w/Cream cheese Fresh Apple 1% White Milk		
22	23	24	25 No School	26 No School
Frosted Flakes Mini Vanilla Wafers Pineapple Tidbits Apple Juice 1% White Milk	Breakfast Nutrition Bar Orange Juice Mixed Fruit Cup 1% White Milk			
29	30			



Thought for Thought

If you must speak ill of another, do not speak it . . . write it in the sand near the water's edge. - Napoleon Hill

Tips & Information

Eating pumpkins is good for you! It Contains 9 Important nutrients– Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

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



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