



Monday	Tuesday	Wednesday	Thursday	Friday
	Apple Muffin(22)	Mini Pancakes Maple Blast(40)	Cinnamon Crisp Get Vertical Bar(38)	Apple Cinnamon Cheerios(22)
	Mini Vanilla Wafers(19) Fresh Apple(19) 1% or FF White Milk(12)	Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(12)	Fresh Gala Apple(19) 1% or FF White Milk(12)	Fresh Banana(23) Fresh Orange(19) 1% or FF White Milk(12)
	1 440: 347: 72	2 478: 322: 86	3 390: 207: 69	4 377: 232: 76
Cinnamon Toast Crunch Cereal(22)	Blueberry Pomegranate Bar(24)	Yogurt Cup(20)	Strawberry Banana Mini Muffin(22)	Fruity Cheerios(26)
Craisins(28) 100% Fruit Punch(14) 1% or FF White Milk(12)	Animal Grahams(20) Yellow Apple(19) 1% or FF White Milk(12)	Mini Vanilla Wafers(19) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(12)	Animal Snackers(18) Fresh Apple(19) 1% or FF White Milk(12)	Fresh Banana(23) Fresh Orange(19) 1% or FF White Milk(12)
7 378: 297: 76	8 430: 317: 75	9 478: 257: 85	10 410: 302: 71	11 387: 272: 80
Lucky Charms(23)	Berry Apple Crisp Get Vertical Bar(40)	Giant Blueberry Muffin(45)	Chocolate Chip Bar(24)	Cocoa Puffs Cereal(25)
Mixed Berry Applesauce Cup(13) Orange Juice(15) 1% or FF White Milk(12)	Fresh Gala Apple(19) 1% or FF White Milk(12)	Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(12)	Mini Vanilla Wafers(19) Yellow Apple(19) 1% or FF White Milk(12)	Fresh Banana(23) Fresh Orange(19) 1% or FF White Milk(12)
14 318: 317: 63	15 430: 227: 71	16 508: 402: 91	17 440: 282: 74	18 377: 282: 79
Trix Cereal(24)	Strawberry Bar(24)	Yogurt Cup(20)	Chocolate Chip Muffin(25)	
Craisins(28) 100% Fruit Punch(14) 1% or FF White Milk(12)	Chocolate Animal Snackers(18) Fresh Apple(19) 1% or FF White Milk(12)	Animal Grahams(20) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(12)	Mini Vanilla Wafers(19) Fresh Gala Apple(19) 1% or FF White Milk(12)	
21 378: 277: 78	22 420: 242: 73	23 458: 287: 86	24 450: 347: 75	25
No School	No School	No School	No School	
28	29	30	31	



Thought for Thought

To fill the hour-that is happiness. - 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.

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) In ()
Avg -> Cals=419 Fatg=14 Fat%=30% Stalg=2 Carb=77 Protg=12 Sodmg=290
"or:" - An alternative selection to choose. *WG*=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

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

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Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Pulled Chicken on WG Bun(30)	Salisbury Steak(4)	Rotini Spaghetti w/ Meat Sauce(50)	WG Pepperoni Pizza Slice(31)
	Cole Slaw(8) Fresh Apple(19) 1% or FF Chocolate Milk(21)	Mashed Potato(5) WG Dinner Roll(15) Fresh Banana(23) 1% or FF Chocolate Milk(21)	Romaine w/ Dressing(1) Soft Breadstick(14) Fresh Orange(19) 1% or FF Chocolate Milk(21)	Baby Carrots w/ Ranch(5) Pineapple Tidbits(17) 1% or FF Chocolate Milk(21)
	1 419: 829: 77	2 483: 1098: 68	3 791: 732: 105	4 504: 1129: 74
Grilled Chicken & Cheese on WG Bun(34)	El Grande Hacienda Nachos w/ Taco Sauce(41)	Asian Chicken over Brown Rice(49)	Smoked Turkey Sausage w/Peppers & Onions(24)	WG Pepperoni Pizza Slice(31)
Sweet Potato Wedges(18) Mandarin Orange(20) 1% or FF Chocolate Milk(21)	Mexican Pinto Beans(20) Diced Pears(14) 1% or FF Chocolate Milk(21)	Steamed Broccoli(2) WG Dinner Roll(15) Fresh Banana(23) 1% or FF Chocolate Milk(21)	Baked Potato Wedges(16) Diced Peaches(15) 1% or FF Chocolate Milk(21)	Tossed Salad with Ranch(2) Fresh Orange(19) 1% or FF Chocolate Milk(21)
7 601: 1503: 92	8 741: 1073: 96	9 625: 1610: 110	10 429: 586: 76	11 504: 1097: 73
Classic Cheeseburger on WG Bun(30)	Chicken Fajita Sub(34)	Mama's Meatballs w/ Rice(40)	Beef Hot Dog on Bun(22)	WG Pepperoni Pizza Slice(31)
Baked Beans(22) Fresh Apple(19) 1% or FF Chocolate Milk(21)	Baked Potato Wedges(16) Pineapple Tidbits(17) 1% or FF Chocolate Milk(21)	Baked Green Beans(4) WG Dinner Roll(15) Fresh Banana(23) 1% or FF Chocolate Milk(21)	Romaine w/ Dressing(1) Diced Peaches(15) 1% or FF Chocolate Milk(21)	Baby Carrots w/ Ranch(5) Fresh Orange(19) 1% or FF Chocolate Milk(21)
14 724: 1534: 92	15 572: 929: 88	16 622: 851: 103	17 588: 1346: 59	18 514: 1129: 76
Beef Taco on Flour Tortilla w/Taco Sauce(26)	Mini Corn Dogs(30)	Chili & Cheese Potato Wedges(43)	Chicken Ranch Pita(32)	
Mexican Pinto Beans(20) Fresh Apple(19) 1% or FF Chocolate Milk(21)	Baked Green Beans(4) Fresh Orange(19) 1% or FF Chocolate Milk(21)	WG Dinner Roll(15) Fresh Banana(23) 1% or FF Chocolate Milk(21)	Sweet Potato Wedges(18) Mandarin Orange(20) 1% or FF Chocolate Milk(21)	No School
21 564: 1206: 86	22 537: 1011: 74	23 625: 695: 102	24 746: 1268: 90	25
No School	No School	No School	No School	
28	29	30	31	



Thought for Thought

Everything has beauty, but not everyone sees it. - Confucius

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Avg -> Cals=557 Fatg=17 Fat%=27% Sfatg=4 Carbg=81 Protg=25 Sodmg=1033
"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

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