



506:470:100 Breakfast Nutrition Bar	506:470:100 Double Chocolate Chip Muffin	506:470:100 WG Goldfish Grahams	506:470:100 Breakfast Nutrition Bar	Golden Grahams Cereal
100% Juice Fruit Cup (55)1% or FF White Milk(13)	Mini Vanilla Wafers Fruit Cup 100% Juice (61)1% or FF White Milk(13)	Fresh Apple Nonfat Creamy Yogurt (40)Dannon Nonfat Creamy Yogurt 1% or FF White Milk(13)	100% Juice Fresh Orange (79)1% or FF White Milk(13)	Animal Grahams Craisins 100% Juice (87)1% or FF White Milk(13)
426:240:68 Lucky Charms	486:325:74 Breakfast Nutrition Bar	378:295:67 Lucky Charms Cereal	515:240:91 WG Banana Muffin	526:395:92 WG Goody Bun
Animal Grahams Craisins 100% Juice (86)1% or FF White Milk(13)	Fruit Cup 100% Juice (53)1% or FF White Milk(13)	WG Goldfish Graham Fresh Apple (63)1% or FF White Milk(13)	Mini Vanilla Wafers 100% Juice Fresh Banana (89)1% or FF White Milk(13)	100% Juice Fresh Orange (68)1% or FF White Milk(13)
506:430:99 No School	386:220:66 No School	418:415:76 WG Goldfish Grahams	595:330:101 Breakfast Nutrition Bar	486:385:81 WG Apple Roll
506:390:100 Trix Cereal	426:240:68 Breakfast Nutrition Bar	378:295:67 Lucky Charms Cereal	515:240:91 WG Banana Muffin	446:365:82 No School
Animal Grahams Craisins 100% Juice(87)1% or FF White Milk(13)	100% Juice Fruit Cup (55)1% or FF White Milk(13)	WG Goldfish Graham Fresh Apple (63)1% or FF White Milk(13)	Mini Vanilla Wafers 100% Juice Fresh Banana (89)1% or FF White Milk(13)	100% Juice Fresh Orange (69)1% or FF White Milk(13)
506:390:100 25	426:240:68 26	418:415:76 27	595:330:101 28	506:470:100 22



Thought for Thought

We are all travellers in the wilderness of this world, and the best we can find in our travels is an honest friend. - Robert Louis Stevenson

Tips & Information

1/31/2019 11:39:05 AM  
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:480 AvgSod(mg):363 AvgCarbs(g):386  
\*or\* = An alternative selection to choose. \*W/G\*=Whole Grain  
1% White & Fat Free Chocolate Milk available daily.

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

This institution is an equal opportunity provider.

