

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 No School	2 Egg and Cheese Wrap Juice/Fruit Milk	3 Apple Frudel Juice/Fruit Milk	4 Cinnamon Chex Cereal with Giant Goldfish Crackers Fruit/Juice Milk
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WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

7 Cocoa Puff Cereal Bar with Graham Crackers Juice/Fruit Milk	8 Bagel with Cream Cheese Juice/Fruit Milk	9 Bagel with Egg and Cheese Juice/Fruit Milk	10 Apple Muffin with String Cheese Juice/Fruit Milk	11 Cinnamon Toast Crunch Cereal with a giant goldfish Juice/Fruit Milk
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NonFat Chocolate or 1% Milk offered daily

14 No School	15 No School	16 No School	17 No School	18 No School
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Fresh Fruit Basket Offered Daily

21 No School	22 Buttery Maple Snacking Waffles Juice/Fruit Milk	23 Egg and Cheese on a Kaiser Roll Juice/Fruit Milk	24 Wild Berry Bread Juice/Fruit Milk	25 Oatmeal Chocolate Chip Benefit Bar Juice/Fruit Milk
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WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

28 Assorted Cereal with Graham Crackers Juice/Fruit Milk	29 Blueberry Fields Parfait Juice/Fruit Milk	30 Egg and Cheese on a small Kaiser Roll Juice/Fruit Milk		
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