



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an Equal Opportunity Provider			1	2
			Egg and Cheese on a small Kaiser Roll Fruit/Juice Milk	Cinnamon Chex Cereal with Giant Goldfish Crackers Fruit/Juice Milk
WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg				
5	6	7	8	9
Cocoa Puff Cereal Bar w/Graham Crackers Juice/Fruit Milk	Mini Cinnis Juice/Fruit Milk	Apple Muffin with String Cheese Juice/Fruit Milk	Toasted English Muffin with Egg and Cheese Juice/Fruit Milk	Cinnamon Toast Crunch with a cheese stick Juice/Fruit Milk
NonFat Chocolate or 1% Milk offered daily				
12	13	14	15	16
Chocolate Chip Muffin Juice/Fruit Milk	French Toast Mini Bites Juice/Fruit Milk	Bagel with Cream Cheese Juice/Fruit Milk	Bacon, Egg and Cheese on a small Kaiser Juice/Fruit Milk	Berry Patch Parfait w/Graham Crackers) Juice Milk
Fresh Fruit Basket Offered Daily				
19	20	21	22	23
Apple Frudel Juice/Fruit Milk	Buttery Maple Snacking Waffles Juice/Fruit Milk	Wild Berry Bread Juice/Fruit Milk	Ham & Egg on a Toasted English Muffin Juice/Fruit Milk	Oatmeal Chocolate Chip Benefit Bar Juice/Fruit Milk
WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg				
26	27	28	29	30
No School 	Banana Muffin with Giant Goldfish Crackers Juice/Fruit Milk	Strawberry Fields Parfait(w/Graham Crackers) Juice/Fruit Milk	Sausage, Egg and Cheese on a Roll Juice/Fruit Milk	Assorted Cereal with Goldfish Grahams Juice/Fruit Milk
WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg				