



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mini Cinnis Juice/Fruit Milk	4 Banana Muffin with Giant Goldfish Crackers Juice/Fruit Milk	5 Blueberry Fields Parfait Juice/Fruit Milk	6 Egg and Cheese Wrap Juice/Fruit Milk	7 Cinnamon Chex Cereal with Giant Goldfish Crackers Juice/Fruit Milk

WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

10 Cocoa Puff Cereal Bar w/Graham Crackers Juice/Fruit Milk	11 Bagel with Cream Cheese Juice/Fruit Milk	12 Bagel with Egg and Cheese Juice/Fruit Milk	13 Apple Muffin with String Cheese Juice/Fruit Milk	14 Cinnamon Toast Crunch with Giant Goldfish Crackers Juice/Fruit Milk
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NonFat Chocolate or 1% Milk offered daily

17 Cinnamon Toast Crunch Cereal Bar w/Graham Crackers Juice/Fruit Milk	18 Blueberry Parfait Juice/Fruit Milk	19 Bagel with Cream Cheese Juice/Fruit Milk	20 Egg and Cheese on a small Kaiser Roll Juice/Fruit Milk	21 Blueberry Muffin w/Graham Crackers Juice/Fruit Milk
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Fresh Fruit Basket Offered Daily

24 Apple Frudel Juice/Fruit Milk	25 Buttery Maple Snacking Waffles Juice/Fruit Milk	26 Wild Berry Bread Juice/Fruit Milk	27 Ham & Egg on a Small Kaiser Roll Juice/Fruit Milk	28 Oatmeal Chocolate Chip Benefit Bar Juice/Fruit Milk
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WEEKLY AVERAGE NUTRITIONALS: CALORIES – 350-500; SATURATED FAT - <10%; SODIUM - <540mg

31 Assorted Cereal w/Graham Crackers Juice/Fruit Milk				
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