



Monday	Tuesday	Wednesday	Thursday	Friday
			WG Pancake	Breakfast Nutrition Bar
			Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk	100 % Juice Fresh Orange 1% or FF White Milk
			1	2
Cinnamon Toast Crunch Cereal	WG Pancake	Honey Wheat Bagel with Jam	Jumbo Waffle	Golden Grahams
100% Juice Giant Cinnamon Goldfish Zee Zee Mixzee Dried Fruit 1% or FF White Milk	Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	Fresh Apple1% or FF White Milk	Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk	100% Juice Mini Vanilla Wafers Fresh Orange 1% or FF White Milk
5	6	7	8	9
Breakfast Nutrition Bar	WG Cinnamon French Toast	WG Banana Mufin	French Toast Sticks w/ Syrup	Breakfast Nutrition Bar
100% Juice Craisins 1% or FF White Milk	Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	Fresh Apple Animal Grahams 1% or FF White Milk	Fresh Banana Orange Juice 1% or FF White Milk	100 % Juice Fresh Orange 1% or FF White Milk
12	13	14	15	16
Cinnamon Toast Crunch Cereal	WG Pancake	Honey Wheat Bagel with Jam	Jumbo Waffle	Golden Grahams
100% Juice Mini Vanilla Wafers Craisins 1% or FF White Milk	Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	Fresh Apple1% or FF White Milk	Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk	100% Juice Animal Grahams Fresh Orange 1% or FF White Milk
19	20	21	22	23
Breakfast Nutrition Bar	WG Cinnamon French Toast	WG Breakfast Ring	WG Pancake	
100% Juice Craisins 1% or FF White Milk	Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk	Fresh Apple1% or FF White Milk	Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk	
26	27	28	29	30
				No School



**Thought for Thought**

Life is a progress, and not a station. - 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.

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"or:" = An alternative selection to choose. "WG"=Whole Grain  
1% White & Fat Free Chocolate Milk available daily.

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

This institution is an equal opportunity provider.

