



School Information: Menu Subject to change dependent on availability. This institution is an equal opportunity provider.



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Cereal 3
Fruit
Juice
Milk

Chocolate Bagel 4
Fruit
Juice
Milk

Blueberry Waffle 5
Fruit
Juice
Milk

Cereal Bar 6
Fruit
Juice
Milk

Donut 7
Fruit
Juice
Milk

Jumpstart Nutrigrain 10
Fruit
Juice
Milk

Confetti Pancakes 11
Fruit
Juice
Milk

Cherry Frudel 12
Fruit
Juice
Milk

Croissant Sandwich 13
Fruit
Juice
Milk

Banana Bread 14
Fruit
Juice
Milk

Cereal 17
Fruit
Juice
Milk

Poptart 18
Fruit
Juice
Milk

Mini Cinnis or
Cinnamon Bagel 19
Fruit
Juice
Milk

Maple Pancakes 20
Fruit
Juice
Milk

Muffin 21
Fruit
Juice
Milk

Jumpstart Crunchmania 24
Fruit
Juice
Milk

Strawberry Bagel 25
Fruit
Juice
Milk

Croissant Sandwich 26
Fruit
Juice
Milk

Cook's Choice 27
Fruit
Juice
Milk

Cook's Choice 28
Fruit
Juice
Milk

31

