



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Blueberry Nutri-grain Bar (30)</p> <p>Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p> <p>3 598:422:119</p>	<p>Froot Loops Cereal(24)</p> <p>WG Animal Crackers(22) Fresh Orange(22) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>4 464:405:94</p>	<p>Dannon Nonfat Creamy Yogurt (15)</p> <p>Giant Vanilla Goldfish (19) Mixed Fruit Cup (18) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>5 440:335:78</p>	<p>Strawberry Cheerio Bar (30)</p> <p>Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>6 672:317:137</p>	
<p>Cinnamon Toast Crunch Cereal(22)</p> <p>Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>10 508:432:96</p>	<p>Apple Cinnamon Nutri-grain Bar(30)</p> <p>WG Animal Crackers(22) Cinnamon Applesauce Cup(14) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p> <p>11 540:395:107</p>	<p>WG Bagel w/Cream cheese(29)</p> <p>Pineapple Tibits Cup (16) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11)</p> <p>12 520:436:84</p>	<p>Cinnamon Chex Cereal(23)</p> <p>Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>13 642:402:130</p>	
<p>Trix Cereal Bowl(24)</p> <p>Giant Vanilla Goldfish (19) Mandarin Orange Cup (13) 100% Apple Juice(28) 1% White Milk or 1% Chocolate Milk(11)</p> <p>17 St. Patrick's Day 503:410:95</p>	<p>Cinnamon Toast Crunch Cereal Bar(30)</p> <p>WG Animal Crackers(22) Fresh Gala Apple(29) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>18 548:367:107</p>	<p>Dannon Nonfat Creamy Yogurt (15)</p> <p>Giant Vanilla Goldfish (19) Fresh Orange(22) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11)</p> <p>19 444:325:82</p>	<p>Honey Cherrios Bowl (22)</p> <p>Giant Cinnamon Goldfish(19) Fresh Banana(62) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p> <p>20 692:412:144</p>	
<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>	<p>27 No School</p>	
<p>Cheerios Bowl(21)</p> <p>Giant Vanilla Goldfish (19) Applesauce Cup(14) 100% Fruit Punch Juice (30) 1% White Milk or 1% Chocolate Milk(11)</p> <p>31 490:425:95</p>				



Thought for Thought

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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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:543 AvgSod(mg):391 AvgCarbs(g):105

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



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Turkey Kielbasa on WW Bun(30) Potato Wedges(30) Diced Peaches(28) 1% White or 1% Chocolate Milk(24)</p> <p>3 727:1874:112</p>	<p>Breaded Chicken Drumstick w/ Roll(25) Seasoned Greens(5) Applesauce(14) 1% White or 1% Chocolate Milk(24)</p> <p>4 564:820:68</p>	<p>Beef & Cheese Nachos w/ WG Corn Chips(39) Fiesta Taco Black Beans (21) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p>5 954:1135:147</p>	<p>WG Pizza Slice (33) 100% Mango Splash Juice Box (17) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>6 665:765:103</p>	
<p>Classic Cheeseburger on WW Bun(31) Seasoned Green Beans(7) Pineapple Tidbits(38) 1% White or 1% Chocolate Milk(24)</p> <p>10 701:791:100</p>	<p>Meatballs & Gravy with WW Dinner Roll(36) Mashed Potato(33) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>11 774:1323:122</p>	<p>Popcorn Chicken w/ Dinner Roll(33) Maple Carrot Coins(15) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p>12 775:716:134</p>	<p>WG Pizza Slice (33) Romaine w/ Dressing(3) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)</p> <p>13 722:878:100</p>	
<p>BBQ Beef Rib Patty on WG Bun(34) Savory Carrots Coins(6) Mandarin Orange(40) 1% White or 1% Chocolate Milk(24)</p> <p>St. Patrick's Day 17 648:655:104</p>	<p>Crispy Chicken Sandwich w/ Bacon on Baked Beans(44) Diced Pears(33) 1% White or 1% Chocolate Milk(24)</p> <p>18 950:1783:140</p>	<p>Baked Mostaccioli w/ Dinner Roll(47) Romaine w/ Dressing(3) Fresh Banana(62) 1% White or 1% Chocolate Milk(24)</p> <p>19 807:479:136</p>	<p>WG Pizza Slice (33) 100% Mango Splash Juice Box (17) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>20 665:765:103</p>	
<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>	<p>27 No School</p>	<p>28 No School</p>
<p>Beef Sloppy Joe on WG Bun(36) Seasoned Green Beans(7) Diced Pears(33) 1% White or 1% Chocolate Milk(24)</p> <p>31 599:659:100</p>				



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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:734 AvgSod(mg):972 AvgCarbs(g):113

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



Menu Subject to Change