



Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Nutri-grain Bar (30) Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11) 3 538:417:104	Froot Loops Cereal(24) WG Animal Crackers(22) Fresh Orange(11) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) 4 422:405:83	Dannon Nonfat Creamy Yogurt (15) Giant Vanilla Goldfish (19) Mixed Fruit Cup (18) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 5 440:335:78	Strawberry Cheerio Bar (30) Giant Cinnamon Goldfish(19) Fresh Banana(31) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) 6 551:316:106	
Cinnamon Toast Crunch Cereal(22) Giant Vanilla Goldfish (19) Fresh Gala Apple(29) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 10 508:432:96	Apple Cinnamon Nutri-grain Bar(30) WG Animal Crackers(22) Cinnamon Applesauce Cup(14) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11) 11 480:390:92	WG Bagel w/Cream cheese(29) Pineapple Tibits Cup (16) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11) 12 460:431:70	Cinnamon Chex Cereal(23) Giant Cinnamon Goldfish(19) Fresh Banana(31) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) 13 521:401:99	
Trix Cereal Bowl(24) Giant Vanilla Goldfish (19) Mandarin Orange Cup (13) 100% Apple Juice(14) 1% White Milk or 1% Chocolate Milk(11) 17 St.Patrick's Day 443:405:81	Cinnamon Toast Crunch Cereal Bar(30) WG Animal Crackers(22) Fresh Gala Apple(29) 100% Orange Tangerine Juice(15) 1% White Milk or 1% Chocolate Milk(11) 18 548:367:107	Dannon Nonfat Creamy Yogurt (15) Giant Vanilla Goldfish (19) Fresh Orange(11) 100% Grape Juice Box(15) 1% White Milk or 1% Chocolate Milk(11) 19 402:325:71	Honey Cherrios Bowl (22) Giant Cinnamon Goldfish(19) Fresh Banana(31) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11) 20 511:406:98	
24 No School	25 No School	26 No School	27 No School	
Cheerios Bowl(21) Giant Vanilla Goldfish (19) Applesauce Cup(14) 100% Fruit Punch Juice (15) 1% White Milk or 1% Chocolate Milk(11) 31 430:420:80				



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.

In accordance with federal civil rights law and the USDA this institutuain is prohibited from discriminating on the basis of race, color, national origin, sex, gender identity, sexual orientation, disability, age or for prior civil rights activity

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:481 AvgSod(mg):388 AvgCarbs(g):89

"or:" = An alternative selection to choose. "VG"=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)</p> <p>Potato Wedges(30) Diced Peaches(14) 1% White or 1% Chocolate Milk(24)</p> <p>3 667:1864:98</p>	<p>Breaded Chicken Drumstick w/ Roll(25)</p> <p>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)</p> <p>Fiesta Taco Black Beans (21) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>5 833:1134:116</p>	<p>WG Pizza Slice (33)</p> <p>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)</p> <p>Seasoned Green Beans(5) Pineapple Tidbits(19) 1% White or 1% Chocolate Milk(24)</p> <p>10 615:791:79</p>	<p>Meatballs & Gravy with WW Dinner Roll(22)</p> <p>Mashed Potato(33) Fresh Gala Apple(29) 1% White or 1% Chocolate Milk(24)</p> <p>11 694:1183:108</p>	<p>Popcorn Chicken w/ Dinner Roll(33)</p> <p>Maple Carrot Coins(13) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>12 645:701:101</p>	<p>WG Pizza Slice (33)</p> <p>Romaine w/ Dressing(3) Mandarin Orange(20) 1% White or 1% Chocolate Milk(24)</p> <p>13 632:858:80</p>	
<p>BBQ Beef Rib Patty on WG Bun(34)</p> <p>Savory Carrots Coins(6) Mandarin Orange(20) 1% White or 1% Chocolate Milk(24)</p> <p>St. Patrick's Day 17 558:635:84</p>	<p>Crispy Chicken Sandwich w/ Bacon on</p> <p>Baked Beans(44) Diced Pears(16) 1% White or 1% Chocolate Milk(24)</p> <p>18 884:1778:124</p>	<p>Baked Mostaccioli w/ Dinner Roll(47)</p> <p>Romaine w/ Dressing(3) Fresh Banana(31) 1% White or 1% Chocolate Milk(24)</p> <p>19 686:478:105</p>	<p>WG Pizza Slice (33)</p> <p>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>21 616:803:95</p>
<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>	<p>27</p>	<p>28 No School</p>
<p>Beef Sloppy Joe on WG Bun(36)</p> <p>Seasoned Green Beans(5) Diced Pears(16) 1% White or 1% Chocolate Milk(24)</p> <p>31 525:653:82</p>				



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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:660 AvgSod(mg):944 AvgCarbs(g):96

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



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