

Artificial Ingredients, Additives, Preservatives

High Fructose Corn Syrup

Fried Foods Mystery Meats

ALWAYS fresh NEVER frozen

**** 4-Star Schod Lunch Provider!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Waffles w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	2 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	3 Biscuit w/ Jelly Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	4 Whole Grain Breakfast Bar + Graham Crackers Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint
7 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	8 No School	9 Whole Grain Cinnamon Breakfast Bar Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	10 French Toast w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	11 English Muffin w/ Jelly Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint
14 Whole Grain Bagel w/ Cream Cheese Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	15 Waffles w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	16 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	17 Biscuit w/ Jelly Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	18 Whole Grain Breakfast Bar + Graham Crackers Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint
21 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	22 Pancakes w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	23 No School	24 No School Happy Thanksgiving!	25 No School
28 Whole Grain Bagel w/ Cream Cheese Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	29 Waffles w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	30 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint		

Available Daily:
Whole Grain Cereal Bowl w. Graham Crackers
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Each meal includes rBST-free skim or 1% milk.



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