





High-Fructose Corn Syrup







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	' FRIDAY
3 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	4 Pancakes w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	5 Biscuit w. Jelly Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	6 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	7 Pop Tart Pastry Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint
10 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	11 Pancakes w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	12 Strawberry Banana Yogurt w. Graham Crackers Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	13 Biscuit w. Jelly Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	14 No School
17 No School	18 Pancakes w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	19 Whole Grain Cereal Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	20 Waffles w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	21 Pop Tart Pastry Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint
24 Whole Grain Cereal Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	25 French Toast w/ Syrup Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	26 Bagel w. Cream Cheese Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	27 Biscuit w. Jelly Fresh Fruit Or 100% Fruit Juice Ice Cold Milk Pint	28 Pop Tart Pastry Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint

<u>Available Daily:</u>

Whole Grain Breakfast Bar w. Graham Crackers



Each meal includes rBST-free skim or 1% milk.





















