

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 Fresh Crisp Apple Goldfish Graham Cracker | 2 WG Heartzel Pretzels 100% Orange Juice Cup | 3 Fresh Cucumber Coins w/ LF Ranch Dip LF String Cheese |
| 6 WG Plain Cheerios Cereal Bowl 1% Low-fat Milk Pint | 7 Strawberry Banana Yogurt Cup Goldfish Graham Cracker | 8 Cheddar Goldfish Crackers 100% Natural Applesauce | 9 Fresh Crisp Pear LF String Cheese | 10 WG Heartzel Pretzels 100% Orange Juice Cup |
| 13 Cheddar Goldfish Crackers 100% Orange Juice Cup | 14 Fresh Bananas Goldfish Graham Cracker | 15 Monterey Jack Cheese WG Soft Pretzel | 16 WG Plain Cheerios Cereal Bowl 1% Low-fat Milk Pint | 17 Fresh Celery Sticks Sun Butter Cup |
| 20 Fresh Crisp Apple Goldfish Graham Cracker | 21 WG Heartzel Pretzels 100% Orange Juice Cup | 22 No School | 23 No School  | 24 No School |
| 27 Monterey Jack Cheese WG Soft Pretzel | 28 Fresh Baby Carrots w/ LF Ranch Dip LF String Cheese | 29 Fresh Bananas Goldfish Graham Cracker | 30 Cheddar Goldfish Crackers 100% Strawberry Applesauce |  |

10 **Apple** Facts You Probably Didn't Know

Eating apples can aid in **brightening teeth**.

Apples are **America's second favorite fruit**.

In Latin, the **same word** is used for both "apple" and "evil."

European pilgrims **brought apples** to Boston, Virginia, and the Southwest.

Apples are **25% air**.

There are over **7,500 varieties** of apples grown worldwide.

The apple is the **official fruit** of six states.

The **most-grown apple** is Red Delicious.

The **heaviest apple** ever recorded weighed four pounds.

Apples can **help ripen** other fruit.

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

