



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introducing NEW Grab – n – Go Breakfast carts being rolled out at Cooper & Holmes Middle Schools this school year!				
6	7	8	9	10
13	14	15	16	17
20 Teacher's Institute Day No Meal Service	21 Teacher's Institute Day No Meal Service	22 WG Chocolate Chip Oatmeal Bar Fresh Apple Slices or 100% Juice Cold Milk Pint First Day of School Welcome Back	23 Apple Cinnamon Muffin Petite Bananas Or 100% Juice Cold Milk Pint	24 WG PF Cinnamon Graham Zee Zee's Strawberry Applesauce or 100% Juice Cold Milk Pint
27 WG Cheddar Goldfish Orchard Apples Or 100% Fruit Cold Milk Pint	28 WG Bagel w/Cream Cheese Orange Craisins or 100% Juice Cold Milk Pint	29 WG Strawberry Breakfast Bar Petite Bananas Or 100% Juice Cold Milk Pint	30 WG Blueberry Lemon Bites Fresh Apple Slices Or 100% Juice Cold Milk Pint	31 WG Apple Whirl Cereal Zee Zee's Cinnamon Applesauce Or 100% Juice Cold Milk Pint

Welcome Back!

London, Tarkington, Frost & Kilmer have rolled out the crowd-pleasing **FREE** Grab-n-Go breakfast option while still offering the traditional **FREE** breakfast in the café before school.

Please note Holmes will not be serving Bananas in their building.

While our very popular Breakfast *after* the Bell program continues at

- **Field**
- **Twain**
- **Whitman**

These K-8 students will be offered a **FREE** breakfast in their classrooms after the school day starts.

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

