

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

Introducing NEW Grab – n – Go Breakfast carts being rolled out at Cooper & Holmes Middle Schools this school year!

3 No School Labor Day	4 WG Fruit Whirls Cereal Bowl Orchard Apples Or 100% Juice Cold Milk Pint	5 WG Apple Oatmeal Bar Orange Wedges Or 100% Juice Cold Milk Pint	6 Yogurt Cup Orange Craisins Or 100% Juice Cold Milk Pint	7 WG Darlington Iced Lemon Bar Strawberry Applesauce Or 100% Juice Cold Milk Pint
10 No School Rosh Hashanah	11 WG Bagel w/Cream Cheese Orchard Apples Or 100% Juice Cold Milk Pint	12 String Cheese WG Cinnamon Graham Orange Wedges Or 100% Juice Cold Milk Pint	13 WG Darlington Iced Cinnamon Granola Bar Watermelon Craisins Or 100% Juice Cold Milk Pint	14 WG Blueberry Pop Tart Cinnamon Applesauce Or 100% Juice Cold Milk Pint
17 WG Cheddar Goldfish Orchard Apples or 100% Juice Cold Milk Pint	18 WG Fieldstone Apple Bar Watermelon Craisins Or 100% Juice Cold Milk Pint	19 No School Yom Kippur	20 Apple Cinnamon Muffin Petite Bananas Or 100% Juice Cold Milk Pint	21 WG PF Cinnamon Graham Orange Wedges or 100% Juice Cold Milk Pint
24 WG Chocolate Chip Oatmeal Bar Orange Craisins Or 100% Juice Cold Milk Pint	25 WG Apple Whirls Cereal Bowl Orchard Apples or 100% Juice Cold Milk Pint	26 WG Strawberry Pop Tart Petite Bananas Or 100% Juice Cold Milk Pint	27 WG Blueberry Lemon Bites Fresh Apple Slices Or 100% Juice Cold Milk Pint	28 WG Keebler Animal Crackers 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.

