

All students are now entitled to one free breakfast and one free lunch daily.

A meal MUST be complete to be FREE

- All grain products are whole grain rich
- There are no pork products on this menu
- Meals are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk
Skim Milk

PLEASE NOTE

- If you have food allergy please speak to your school nurse
- Menu is subject to change

Adult—\$2.95

Food Provided by:
Whitson's Culinary Group

MON

TUE

WED

THU

FRI



6 Strawberry Crisp Bar
Raisins
100% Fruit Juice
Milk

13
COLUMBUS DAY
SCHOOL CLOSED

20
DIWALI
SCHOOL CLOSED

27 Banana Muffin
Raisins
100% Fruit Juice
Milk

7 Vanilla Yogurt
Graham Crackers
Fruit Cup Mix
100% Apple Juice
Milk

14 Strawberry Banana
Yogurt
Graham Crackers
Fruit Cup Mix
100% Apple Juice
Milk

21 Vanilla Yogurt
Graham Crackers
Fruit Cup Mix
100% Apple Juice
Milk

28 Strawberry Banana
Yogurt
Graham Crackers
Fruit Cup Mix
100% Apple Juice
Milk

1 Apple Cinnamon
Cheerios
Graham Crackers
Diced Peaches
100% Grape Juice
Milk

8 Cinnamon Raisin
Bagel
Butter
Diced Peaches
100% Grape Juice
Milk

15 Trix Cereal
Graham Crackers
Diced Peaches
100% Grape Juice
Milk

22 Cinnamon Raisin Bagel
Butter
Diced Peaches
100% Apple Juice
Milk

29 Apple Cinnamon
Cheerios
Graham Crackers
Diced Peaches
100% Grape Juice
Milk

2
YOM KIPPUR
SCHOOL CLOSED

9 Honey Cheerios
Graham Crackers
Applesauce
100% Orange Juice
Milk

16 Honey Bagel
Cream Cheese
Applesauce
100% Orange Juice
Milk

23 Cocoa Puffs Cereal
Graham Crackers
Applesauce
100% Orange Juice
Milk

30 Honey Bagel
Cream Cheese
Applesauce
100% Orange Juice
Milk

3 Cinnamon Toast
Crunch
Graham Crackers
Fresh Banana
100% Very Berry Juice
Milk

10 Chocolate Chip
Muffin
Fresh Banana
100% Very Berry Juice
Milk

17 Cherry Cocoa Bar
Fresh Banana
100% Very Berry Juice
Milk

24 Blueberry Muffin
Fresh Banana
100% Very Berry Juice
Milk

31 Cinnamon Toast
Crunch
Graham Crackers
Fresh Banana
100% Very Berry Juice
Milk