



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



5 Multi-Grain
Cheerios
Graham Crackers
Applesauce
100% Orange Juice
Milk

12
COLUMBUS DAY

SCHOOL CLOSED

19 Cocoa Puffs Cereal
Graham Crackers
Raisins
100% Fruit Juice
Milk

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

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

13 Honey Cheerios
Graham Crackers
Applesauce
100% Orange Juice
Milk

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

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

7 Honey Bagel
Cream Cheese
Applesauce
100% Orange Juice
Milk

14 Cinnamon Raisin Bagel
Butter
Diced Peaches
100% Fruit Juice
Milk

21 Cherry Cocoa Bar
Fresh Pear
100% Very Berry Juice
Milk

28 Blueberry Muffin
Raisins
100% Fruit Juice
Milk

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

8 Cherry Cocoa Bar
Fresh Pear
100% Very Berry Juice
Milk

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

22 Honey Bagel
Cream Cheese
Applesauce
100% Orange Juice
Milk

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

2 Apple Cinnamon
Cheerios
Graham Crackers
Fresh Banana
100% Very Berry Juice
Milk

9 Corn Flakes Cereal
Graham Crackers
Fresh Banana
100% Grape Juice
Milk

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

23 Trix Cereal
Graham Crackers
Fresh Banana
100% Grape Juice
Milk

30 Apple Cinnamon
Cheerios
Graham Crackers
Fresh Banana
100% Very Berry Juice
Milk