



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
3 Strawberry Crisp Bar Raisins 100% Fruit Juice Milk	4 SCHOOL CLOSED	5 Cinnamon Raisin Bagel Butter Diced Peaches 100% Apple Juice Milk	6 Honey Cheerios Graham Crackers Applesauce 100% Orange Juice Milk	7 Chocolate Chip Muffin Fresh Banana 100% Very Berry Juice Milk
10 Cinnamon Toast Crunch Raisins 100% Fruit Juice Milk	11 VETERANS DAY SCHOOL CLOSED	12 Trix Cereal Graham Crackers Diced Peaches 100% Grape Juice Milk	13 Honey Bagel Cream Cheese Applesauce 100% Orange Juice Milk	14 Cherry Cocoa Bar Fresh Banana 100% Very Berry Juice Milk
17 Cinnamon Crisp Bar Raisins 100% Fruit Juice Milk	18 Vanilla Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	19 Cinnamon Raisin Bagel Butter Diced Peaches 100% Apple Juice Milk	20 Cocoa Puffs Cereal Graham Crackers Applesauce 100% Orange Juice Milk	21 Blueberry Muffin Fresh Banana 100% Very Berry Juice Milk
24 Banana Muffin Raisins 100% Fruit Juice Milk	25 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	26 Apple Cinnamon Cheerios Graham Crackers Diced Peaches 100% Grape Juice Milk	27 THANKSGIVING RECESS SCHOOL CLOSED	28 THANKSGIVING RECESS SCHOOL CLOSED