



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
1 Strawberry Crisp Bar Raisins 100% Fruit Juice Milk	2 Vanilla Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	3 Cinnamon Toast Crunch Graham Crackers Diced Peaches 100% Grape Juice Milk	4 Honey Cheerios Graham Crackers Applesauce 100% Orange Juice Milk	5 Chocolate Chip Muffin Fresh Banana 100% Very Berry Juice Milk
8 Cinnamon Toast Crunch Graham Crackers Raisins 100% Fruit Juice Milk	9 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	10 Trix Cereal Graham Crackers Diced Peaches 100% Grape Juice Milk	11 Honey Bagel Cream Cheese Applesauce 100% Orange Juice Milk	12 Cherry Cocoa Bar Fresh Banana 100% Very Berry Juice Milk
15 Cinnamon Crisp Bar Raisins 100% Fruit Juice Milk	16 Vanilla Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	17 Cinnamon Raisin Bagel Butter Diced Peaches 100% Apple Juice Milk	18 Cocoa Puffs Cereal Graham Crackers Applesauce 100% Orange Juice Milk	19 Blueberry Muffin Fresh Banana 100% Very Berry Juice Milk
22 Banana Muffin Raisins 100% Fruit Juice Milk	23 Apple Cinnamon Cheerios Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	24 HOLIDAY RECESS SCHOOL CLOSED	25 HOLIDAY RECESS SCHOOL CLOSED	26 HOLIDAY RECESS SCHOOL CLOSED
29 HOLIDAY RECESS SCHOOL CLOSED	30 HOLIDAY RECESS SCHOOL CLOSED	31 HOLIDAY RECESS SCHOOL CLOSED	1 HOLIDAY RECESS SCHOOL CLOSED	2 HOLIDAY RECESS SCHOOL CLOSED