



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
2 Trix Cereal Graham Crackers Diced Peaches 100% Fruit Juice Milk	3 Honey Bagel Cream Cheese Applesauce 100% Orange Juice Milk	4 Chocolate Chip Muffin Fresh Pear 100% Very Berry Juice Milk	5 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	6 Cinnamon Crisp Bar Fresh Banana 100% Grape Juice Milk
9 Cocoa Puffs Cereal Graham Crackers Raisins 100% Very Berry Juice Milk	10 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	11 Cinnamon Raisin Bagel Butter Diced Peaches 100% Grape Juice Milk	12 Honey Cheerios Graham Crackers Applesauce 100% Orange Juice Milk	13 Blueberry Muffin Fresh Banana 100% Fruit Juice Milk
16 WINTER RECESS SCHOOL CLOSED	17 WINTER RECESS SCHOOL CLOSED	18 WINTER RECESS SCHOOL CLOSED	19 WINTER RECESS SCHOOL CLOSED	20 WINTER RECESS SCHOOL CLOSED
23 Multi-Grain Cheerios Graham Crackers Raisins 100% Fruit Juice Milk	24 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	25 Cinnamon Raisin Bagel Butter Diced Peaches 100% Grape Juice Milk	26 Cinnamon Toast Crunch Graham Crackers Applesauce 100% Orange Juice Milk	27 Cherry Cocoa Bar Fresh Banana 100% Very Berry Juice Milk