



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 SCHOOL CLOSED	2 Apple Cinnamon Muffin 100% Fruit Juice Raisins Milk	3 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	4 Apple Cinnamon Cheerios Graham Crackers Fresh Banana 100% Very Berry Juice Milk
7 LABOR DAY SCHOOL CLOSED	8 Vanilla Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	9 Multi-Grain Cheerios Graham Crackers Applesauce 100% Orange Juice Milk	10 Cherry Cocoa Bar Fresh Pear 100% Very Berry Juice Milk	11 Corn Flakes Cereal Graham Crackers Diced Peaches 100% Grape Juice Milk
14 Cinnamon Crisp Bar Raisins 100% Grape Juice Milk	15 Honey Cheerios Graham Crackers Applesauce 100% Orange Juice Milk	16 Cinnamon Raisin Bagel Butter Diced Peaches 100% Fruit Juice Milk	17 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	18 Chocolate Chip Muffin Fresh Banana 100% Very Berry Juice Milk
21 YOM KIPPUR SCHOOL CLOSED	22 Vanilla Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	23 Cherry Cocoa Bar Fresh Pear 100% Very Berry Juice Milk	24 Honey Bagel Cream Cheese Applesauce 100% Orange Juice Milk	25 Trix Cereal Graham Crackers Fresh Banana 100% Grape Juice Milk
28 Cinnamon Raisin Bagel Butter Diced Peaches 100% Grape Juice Milk	29 Cocoa Puffs Cereal Graham Crackers Applesauce 100% Orange Juice Milk	30 Blueberry Muffin 100% Fruit Juice Raisins Milk		

