

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 LABOR DAY SCHOOL CLOSED	2 SCHOOL CLOSED	3 Multi-Grain Cheerios Graham Crackers Diced Peaches 100% Grape Juice Milk	4 Honey Bagel Cream Cheese Applesauce 100% Orange Juice Milk	5 Cinnamon Toast Crunch Fresh Banana 100% Very Berry Juice Milk
8 Strawberry Crisp Bar Raisins 100% Fruit Juice Milk	9 Vanilla Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	10 Cinnamon Raisin Bagel Butter Diced Peaches 100% Grape Juice Milk	11 Honey Cheerios Graham Crackers 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 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk	17 Trix Cereal Graham Crackers Diced Peaches 100% Grape Juice Milk	18 Honey Bagel Cream Cheese Applesauce 100% Orange Juice Milk	19 Blueberry Muffin Fresh Banana 100% Very Berry Juice Milk
22 Corn Flakes Cereal Graham Crackers Raisins 100% Fruit Juice Milk	23 ROSH HASHANAH SCHOOL CLOSED	24 ROSH HASHANAH SCHOOL CLOSED	25 Cinnamon Toast Crunch Graham Crackers Applesauce 100% Orange Juice Milk	26 Cinnamon Crisp Bar Fresh Banana 100% Very Berry Juice Milk
29 Cherry Cocoa Bar Raisins 100% Fruit Juice Milk	30 Strawberry Banana Yogurt Graham Crackers Fruit Cup Mix 100% Apple Juice Milk			

