



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

BREAKFAST HOURS  
ELEMENTARY HOURS  
8:30-8:50 AM  
MIDDLE SCHOOL HOURS  
7:15-7:35 AM

\*\*\*g\*\*\* CARB COUNTS  
WHITE MILK-11g  
SKIM MILK-11g

BREAKFAST \$1.50  
REDUCED PRICE .40  
MILK .55

4

5

6

7

8

CHERRY FRUDEL PASTRY-37g  
STRAWBERRY POP TART-38g  
STRING CHEESE-1g  
PEARS-14g  
100% JUICE-14g  
MILK

PIZZA BAGEL-22g  
FROSTED CORN FLAKES-24g  
STRING CHEESE-1g  
APPLE-22g  
100% JUICE-14g  
MILK

EGG, HAM MUFFIN-29g  
NUTRI GRAIN BAR-29g  
STRING CHEESE-1g  
FRESH ORANGE-21g  
100% JUICE-14g  
MILK

BLUEBERRY PANCAKES-35g  
CINNAMON TOAST CRUNCH-22g  
STRING CHEESE-1g  
PEACHES-18g  
100% JUICE-14g  
MILK

PANCAKE ON A STICK-18g  
BLUEBERRY MUFFIN-30g  
STRING CHEESE-1g  
APPLE-22g  
100% JUICE-14g  
MILK

11

12

13

14

15

CHERRY FRUDEL PASTRY-37g  
STRAWBERRY POPTART-38g  
STRING CHEESE-1g  
PEARS-14g  
100% JUICE-14g  
MILK

APPLE FRUDEL PASTRY-36g  
FROSTED CORN FLAKES-24g  
STRING CHEESE-1g  
APPLE-22g  
100% JUICE-14g  
MILK

EGG HAM MUFFIN-29g  
NUTRI GRAIN BAR-29g  
STRING CHEESE-1g  
PEACHES-18g  
100% JUICE-14g  
MILK

BLUEBERRY PANCAKES-35g  
CINNAMON TOAST CRUNCH-22g  
STRING CHEESE-1g  
ORANGE SMILES-21g  
100% JUICE-14g  
MILK

PANCAKE ON A STICK-18g  
BLUEBERRY MUFFIN-30g  
STRING CHEESE-1g  
APPLE-22g  
100% JUICE-14g  
MILK

18

19

20

21

22

MINI WHOLE GRAIN  
FRENCH TOAST-37g  
STRAWBERRY POP TART-38g  
STRING CHEESE-1g  
PEACHES-18g  
100% JUICE-14g  
MILK

PIZZA BAGEL-22g  
FROSTED CORN FLAKES-24g  
STRING CHEESE-1g  
APPLE-22g  
100% JUICE-14g  
MILK

EGG, HAM MUFFIN-29g  
NUTRI GRAIN BAR-29g  
STRING CHEESE-1g  
FRESH ORANGE-21g  
100% JUICE-14g  
MILK

APPLE FRUDEL PASTRY-36g  
CINNAMON TOAST CRUNCH-22g  
STRING CHEESE-1g  
ORANGE SMILE-21g  
100% JUICE-14g  
MILK

FRENCH TOAST STICKS-36g  
BLUEBERRY MUFFIN-30g  
STRING CHEESE-1g  
APPLE-22g  
100% JUICE-14g  
MILK

25

26

27

28

29

PANCAKES-35g  
FROSTED CORN FLAKES-24g  
STRING CHEESE-1g  
ORANGE SMILES-21g  
100% JUICE-14g  
MILK

APPLE FRUDEL PASTRY-36g  
CINNAMON TOAST CRUNCH-22g  
STRING CHEESE-1g  
PEACHES-18g  
100% JUICE-14g  
MILK

EGG, HAM MUFFIN-29g  
NUTRI GRAIN BAR-29g  
STRING CHEESE-1g  
APPLE-22g  
100% JUICE-14g  
MILK

CHERRY FRUDEL-37g  
STRAWBERRY POPTART-38g  
STRING CHEESE-1g  
PEARS-14g  
100% JUICE-14g  
MILK

PANCAKES-35g  
FROSTED CORN FLAKES-24g  
STRING CHEESE-1g  
FRESH ORANGE-21g  
100% JUICE-14g  
MILK