



Try fruit, veggies or nuts for a snack.



Breakfast is free for all students!

This institution is an equal opportunity provider.

Monday



Tuesday

Wednesday

Thursday

Friday

1) Vacation

2) Vacation

3) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

4) School Made Muffin or Cereal, Yogurt
Fruit and Juice, Milk

7) WG Doughnut with String Cheese or Cereal
Fruit and Juice, Milk

8) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

9) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

10) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

11) School Made Muffin or Cereal, Yogurt
Fruit and Juice, Milk

14) WG Doughnut with String Cheese or Cereal
Fruit and Juice, Milk

15) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

16) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

17) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

18) School Made Muffin or Cereal, Yogurt
Fruit and Juice, Milk

21) WG Doughnut with String Cheese or Cereal
Fruit and Juice, Milk

22) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

23) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

24) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

25) Teacher Inservice

28) WG Doughnut with String Cheese or Cereal
Fruit and Juice, Milk

29) Pancake/ Turkey Sausage on a Stick or Oatmeal or Cereal, Fruit and Juice, Low fat milk

30) Cherry or Apple Frudel or Cereal, Fruit and Juice, Low Fat Milk

31) Egg and Turkey Sausage Sand. or Cereal
Fruit and Juice, Low fat milk

