



This institution is an equal opportunity provider.



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



Monday

3) WG Donut, String Cheese Juice, Milk

Elem- Pop Tart, String Cheese

Tuesday

4) Breakfast Burrito, Salsa Juice, Low fat milk

Elem- Breakfast Bar

Wednesday

5) Apple Frudel , Juice, Low fat milk

Thursday

6) Egg and Turkey Sausage Sandwich, Juice, Low fat milk

Elem- Cereal,String Cheese

Friday

7) Muffin, Yogurt, Juice, Low fat milk

Elem- Muffin, Yogurt

10) WG Donut, String Cheese Juice, Milk

Elem- Pop Tart, String Cheese

11) Breakfast Burrito, Salsa Juice, Low fat milk

Elem- Breakfast Bar

12) Apple Frudel , Juice, Low fat milk

13) Egg and Turkey Sausage Sandwich, Juice, Low fat milk

Elem- Cereal,String Cheese

14) Muffin, Yogurt, Juice, Low fat milk

Elem- Muffin, Yogurt

17) WG Donut, String Cheese Juice, Milk

Elem- Pop Tart, String Cheese

18) Breakfast Burrito, Salsa Juice, Low fat milk

Elem- Breakfast Bar

19) Apple Frudel , Juice, Low fat milk

20) Egg and Turkey Sausage Sandwich, Juice, Low fat milk

Elem- Cereal,String Cheese

21) Muffin, Yogurt, Juice, Low fat milk

Elem- Muffin, Yogurt

24) WG Donut, String Cheese Juice, Milk

Elem- Pop Tart, String Cheese

25) Breakfast Burrito, Salsa Juice, Low fat milk

Elem- Breakfast Bar

26) Apple Frudel , Juice, Low fat milk

27) Egg and Turkey Sausage Sandwich, Juice, Low fat milk

Elem- Cereal,String Cheese

28) No School!

31) No School!

