



Monday	Tuesday	Wednesday	Thursday	Friday
			Cheerios Fresh Banana 1% White Milk	
			1	2
Rice Chex Diced Pears 1% White Milk	Fruit Muffin Orange Juice 1% White Milk	Dannon Nonfat Creamy Yogurt Mandarin Oranges 1% White Milk	Corn Flakes Fresh Banana 1% White Milk	No Program
5	6	7	8	9
Kix Diced Pears 1% White Milk	Fruit Muffin Apple Juice 1% White Milk	Dannon Nonfat Creamy Yogurt Diced Peaches 1% White Milk	Rice Krispies Fresh Banana 1% White Milk	No Program
12	13	14	15	16
Cheerios Tropical Fruit 1% White Milk	Fruit Muffin Diced Pears 1% White Milk	No School	Thanksgiving Day	No School
19	20	21	22	23
Rice Krispies Tropical Fruit 1% White Milk	Fruit Muffin Apple Juice 1% White Milk	Dannon Nonfat Creamy Yogurt Pineapple Tidbits 1% White Milk	Cheerios Fresh Banana 1% White Milk	No Program
26	27	28	29	30



Thought for Thought

Wrinkles should merely indicate where smiles have been. - Mark Twain

Tips & Information

Eating pumpkins is good for you! It Contains 9 Important nutrients– Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

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"or:" = An alternative selection to choose. "WG"=Whole Grain 1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

This institution is an equal opportunity provider.

