



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Frosted Corn Flakes</b>  Animal Grahams Craisins Orange Juice 1% or FF White Milk	<b>WG Cinnamon French Toast</b>  Orange Juice Diced Peach Cup 1% or FF White Milk	<b>Dannon Nonfat Creamy Yogurt</b>  Giant Cinnamon Goldfish Fresh Apple 1% or FF White Milk	<b>French Toast Sticks w/ Syrup</b>  Fresh Banana Orange Juice 1% or FF White Milk	<b>WG Cinnabar</b>  Apple Juice Fresh Orange 1% or FF White Milk
3	4	5	6	7
<b>Breakfast Nutrition Bar</b>  Craisins Orange Juice 1% or FF White Milk	<b>WG Pancake</b>  Diced Pear Cup Orange Juice 1% or FF White Milk	<b>WG Banana Muffin</b>  Animal Grahams Fresh Apple 1% or FF White Milk	<b>Jumbo Waffle</b>  Fresh Banana Orange Juice 1% or FF White Milk	No School
10	11	12	13	14
<b>Cinnamon Toast Crunch Cereal</b>  Animal Grahams Craisins Orange Juice 1% or FF White Milk	<b>WG Cinnamon French Toast</b>  Orange Juice Mixed Fruit Cup 1% or FF White Milk	<b>Dannon Nonfat Creamy Yogurt</b>  Giant Cinnamon Goldfish Fresh Apple 1% or FF White Milk	<b>WG Pancake</b>  Fresh Banana Orange Juice 1% or FF White Milk	<b>WG Raspberry Bar</b>  Apple Juice Fresh Orange 1% or FF White Milk
17	18	19	20	21
No School	No School	No School	No School	No School
24	25	26	27	28
No School				
31				



**Thought for Thought**  
 In music the passions enjoy themselves. - Friedrich Nietzsche

**Tips & Information**

The oldest pair of skates known date back to about 3000 B.C., found at the bottom of a lake in Switzerland. The skates were made from the leg bones of large animals, holes were bored at each end of the bone and leather straps were used to tie the skates on. Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

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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.

