











BREAKFAST - Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				
Cereal Fruit & Milk	Uncrustable Fruit & Milk	Cereal Fruit & Milk	Bagel & PB Fruit & Milk	Cheese Stick Fruit & Milk
Cereal Fruit & Milk	Uncrustable Fruit & Milk	Cereal Fruit & Milk	Bagel & PB Fruit & Milk	No School

This institution is an equal opportunity provider.

Lunch Menu

*Chicken Nuggets include a roll or breadstick

Monday	Tuesday	Wednesday	Thursday	Friday
				
Turkey & Gravy Breadstick Variety of Fruits Variety of Veggies Milk	Chicken Soft Taco Bean Salsa Variety of Fruits Variety of Veggies Milk	Hawaiian Pizza Variety of Fruits Variety of Veggies Milk	Chicken Burger Variety of Fruits Variety of Veggies Milk	Ham & Cheese Sub Variety of Fruits Variety of Veggies Milk
Chicken Nuggets Roll Variety of Fruits Variety of Veggies Milk	Hot Dog Variety of Fruits Variety of Veggies Milk	Burrito Bean Salsa Variety of Fruits Variety of Veggies Milk	Toasted Cheese Tomato Soup Variety of Fruits Variety of Veggies Milk	No School



Focus on Fruit

Fruit Tips:

* Choose whole or cut-up fruit instead of juice, which is missing fiber.

* Have your fruit anyway you like!

fresh, frozen, dried or
canned in water or juice



Why Fruit?

* Supplies quick energy
* Makes a sweet-tasting snack that is lower in calories than chips and cookies.

* Provides fiber, which makes you feel full and can help prevent over-eating.