

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



4  
Whole Grain Cereal  
Non-Fat Yogurt  
Cinnamon Applesauce  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

5  
Whole Grain  
Pumpkin Swirl Roll  
Apple Slices  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

6  
Fruit & Yogurt Parfait  
with Homemade Granola  
Diced Peaches  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

7  
Freshly Baked  
Blueberry Muffin  
Fresh Mac Apple  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

1  
Banana Bread Wedge  
(Whole Grain)  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

8  
Whole Grain Bagel  
with WOW Butter Spread  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

11  
Whole Grain Cereal  
Whole Grain Muffin  
Red Seedless Grapes  
Mango Wango Juice  
Low-Fat/Non-Fat Milk Daily

12  
Freshly Baked  
Cinnamon Chip Muffin  
Orange Wedges  
Dragon Juice  
Low-Fat/Non-Fat Milk Daily

13  
Egg & Cheese on a  
Whole Wheat Bagel  
Diced Peaches  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

14  
Strawberry Scone  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

15  
Whole Grain Cereal  
Non-Fat Yogurt  
Fresh Strawberries  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

18  
*No School Today!*  
*Presidents' Day Celebrated!!*

19  
*No School Today!*  
*Winter Break!!*

20  
Whole Grain Cereal  
Non-Fat Yogurt  
Mango Applesauce  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

21  
Banana Bread Wedge  
(Whole Grain)  
Apple Slices  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

22  
Whole Wheat Bagel  
with WOW Butter  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

25  
Whole Grain Cereal  
Non-Fat Yogurt  
Fresh Mac Apple  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

26  
Whole Wheat  
Baked Cinnamon Roll  
String Cheese  
Fresh Florida Orange  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

27  
Egg & Cheese on a  
Soft English Muffin  
Diced Pears  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

28  
Fruit & Yogurt Parfait  
with Homemade Granola  
Apple slices  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily



ALL MEALS INCLUDE FRESH FAT-FREE FLAVORED OR LOW-FAT WHITE MILK

WG = WHOLE GRAIN

WW=WHOLE WHEAT

\*\*MENU IS SUBJECT TO LAST-MINUTE CHANGE\*\*

WE PROUDLY SERVE LOCALLY GROWN FRUITS & VEGETABLES