

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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

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

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

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

Banana Bread Wedge **1**  
Fresh Banana  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

**No School Today 8**  
  
**Professional Development Day**  
  
**Eat Healthy & Stay Active!**

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

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

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

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

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

Whole Grain Cereal **18**  
Non-Fat Yogurt  
Strawberry Applesauce  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

Raspberry Cream **19**  
Cheese Bar  
Diced Peaches  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

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

Banana Bread Wedge **21**  
Apple Slices  
100% Fruit Juice  
Low-Fat/Non-Fat Milk Daily

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

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

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

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

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

Whole Grain Cereal **29**  
Whole Grain Muffin  
Applesauce Cup  
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

