

### Monday

**3**  
Whole Grain Cereal  
Whole Grain Muffin  
Diced Peaches  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**10**  
Whole Grain Cereal  
Whole Grain Pumpkin Bread  
Orange Wedges  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**17**  
Whole Grain Scone  
Cinnamon Applesauce  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**24**  
No School Today!  
Winter Holiday Break!!

**31**  
No School Today!  
Winter Holiday Break!!  
Happy New Year!

### Tuesday

**4**  
Chicken Sausage, Egg & Cheese Croissant  
Grapefruit Wedges  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**11**  
Ham, Egg & Cheese on a Wheat Bagel  
Blueberry Applesauce  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**18**  
Toasted Wheat Bagel  
Cream Cheese String Cheese  
Granny Smith Apple  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**25**  
No School Today!  
Winter Holiday Break!!  
Happy Holidays!

Check out our NEW hot Oatmeal Bar!  
Comes with an assortment of yummy toppings!

### Wednesday

**5**  
Freshly Baked Blueberry Muffin  
String Cheese  
Fresh Banana  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**12**  
Freshly Baked Cinnamon Muffin  
String Cheese  
Banana  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**19**  
Ham, Egg & Cheese on a Wheat English Muffin  
Diced Peaches  
100% Cherry Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**26**  
No School Today!  
Winter Holiday Break!!

Smoothies available every morning with a whole grain treat!  
A yummy & popular breakfast option!

### Thursday

**6**  
Bacon, Egg & Cheese on an English Muffin  
Fresh Mac Apple  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**13**  
Egg & Cheese on a Whole Grain Croissant  
Diced Pears  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**20**  
Sausage, Egg & Cheese on a Whole Grain Croissant  
Red Seedless Grapes  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**27**  
No School Today!  
Winter Holiday Break!!

Did you know..?  
All of our menus are reviewed by our on-staff dietitian!

### Friday

**7**  
French Toast Sticks  
Non-Fat Yogurt  
Fresh Banana  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**14**  
Whole Grain Cereal  
Whole Grain Bagel  
Cream Cheese  
Fresh Granny Smith Apple  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**21**  
Freshly Baked Chocolate Chip Muffin  
Fresh Banana  
100% Fruit Juice  
Low-Fat or Non-Fat Milk Daily

**28**  
No School Today!  
Winter Holiday Break!!



ALL MEALS INCLUDE FRESH FAT-FREE FLAVORED OR LOW-FAT WHITE MILK & 1 CUP OF FRUIT  
WG = WHOLE GRAIN WW=WHOLE WHEAT \*\*MENU IS SUBJECT TO LAST-MINUTE CHANGE\*\*  
WE PROUDLY SERVE LOCALLY GROWN FRUITS & VEGETABLES