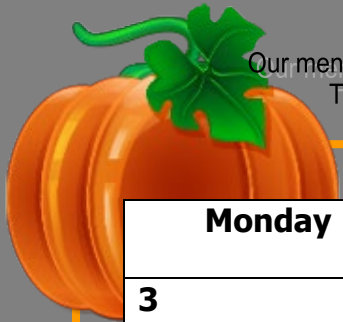


Our menu is subject to change due to availability of food and school closure!
This institution is an equal opportunity provider and employer.

October 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
3 Breakfast Bread Juice Milk	4 Muffin Cheese Stick Juice	5 Pop Tart Fruit Juice Milk	6 Waffle Juice Milk	7 Yogurt Apple Slices Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
10 Oatmeal Bar Fruit Milk Juice	11 Donut Juice Milk	12 Cereal Bar Fruit Juice Milk	13 Bagel Juice Milk	14 Cinni Minni Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
17 Pretzel stick w Cinnamon Fruit Milk	18 Frudel Juice Milk	19 Pancake Fruit Milk	20 French Toast snack bag Yogurt Juice	21 Chex Mix Cheese Stick Juice	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
24 Cereal Bar Fruit Milk Juice	25 Waffles Juice Milk	26 Breakfast Pizza Milk Juice	27 Muffin Juice Milk	28 Nutrigrain Bar FRuit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
31 Breakfast Bread Juice Milk					Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium: