



Monday	Tuesday	Wednesday	Thursday	Friday
			Jumbo Waffle Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk	Strawberry Pop Tart Giant Cinnamon Goldfish Apple Juice Fresh Orange 1% or FF White Milk
Cinnamon Toast Crunch Cereal Animal Grahams Craisins Orange Juice 1% or FF White Milk	WG Cinnamon French Toast Turkey Sausage Orange Juice Mixed Fruit Cup 1% or FF White Milk	Dannon Nonfat Creamy Yogurt Giant Cinnamon Goldfish Fresh Apple 1% or FF White Milk	WG Pancake Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk	WG Raspberry Bar Apple Juice Fresh Orange 1% or FF White Milk
Nutri-grain Bar Animal Grahams Craisins Apple Juice 1% or FF White Milk	WG Pancake Turkey Sausage Orange Juice Mixed Fruit Cup 1% or FF White Milk	Honey Wheat Bagel with Cream Cheese Fresh Apple 1% or FF White Milk	Half Day - No Lunch	Half Day - No Lunch
Cocoa Puffs Cereal Animal Grahams Craisins Apple Juice 1% or FF White Milk	WG Cinnamon French Toast Turkey Sausage Orange Juice Diced Peach Cup 1% or FF White Milk	No School	Thanksgiving Day	No School
Trix Cereal Bar Animal Grahams Craisins Apple Juice 1% or FF White Milk	WG Pancake Turkey Sausage Orange Juice Mixed Fruit Cup 1% or FF White Milk	Honey Wheat Bagel with Cream Cheese Fresh Apple 1% or FF White Milk	Jumbo Waffle Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk	Half Day - No Lunch



Thought for Thought

If a man does not keep pace with his companions perhaps it is because he hears a different drummer. Let him step to the music he hears however measured and far away. - Henry David Thoreau

Tips & Information

Eating pumpkins is good for you! It Contains 9 Important nutrients– Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

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"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

This institution is an equal opportunity provider.

