

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Whole Grain Donut

Fresh or Chilled Fruit
Chilled Juice
Milk

2

Assorted WG Cereal with Wheat Bread

Fresh or Chilled Fruit
Chilled Juice
Milk

3

WG Chocolate Chip Muffin

Fresh or Chilled Fruit
Chilled Juice
Milk

4

Assorted WG Cereal with Wheat Bread

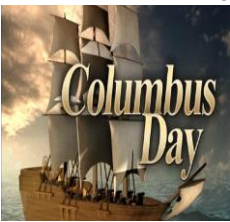
Fresh or Chilled Fruit
Chilled Juice
Milk

5

WG Cherry Fruit Strudel

Fresh or Chilled Fruit
Chilled Juice
Milk

8



Columbus Day

9

Assorted WG Cereal with Wheat Bread

Fresh or Chilled Fruit
Chilled Juice
Milk

10

WG Banana Muffin

Fresh or Chilled Fruit
Chilled Juice
Milk

11

Assorted WG Cereal with Wheat Bread

Fresh or Chilled Fruit
Chilled Juice
Milk

12

WG Cocoa Krispie Cereal Bar

Fresh or Chilled Fruit
Chilled Juice
Milk

A reimbursable meal consists of at least 1/2 cup of fruit/juice and two other items. Menus Subject to Change

15

WG Apple Fruit Strudel

Fresh or Chilled Fruit
Chilled Juice
Milk

16

Assorted WG Cereal with Wheat Bread

Fresh or Chilled Fruit
Chilled Juice
Milk

17

WG Blueberry Muffin

Fresh or Chilled Fruit
Chilled Juice
Milk

18

Assorted WG Cereal with Wheat Bread

Fresh or Chilled Fruit
Chilled Juice
Milk

19

Whole Grain Donut

Fresh or Chilled Fruit
Chilled Juice
Milk

22

WG Fruity Cheerios Cereal Bar

Fresh or Chilled Fruit
Chilled Juice
Milk

23

Assorted WG Cereal with Wheat Bread

Fresh or Chilled Fruit
Chilled Juice
Milk

24

WG Apple Cinnamon Muffin

Fresh or Chilled Fruit
Chilled Juice
Milk

25

Assorted WG Cereal with Wheat Bread

Fresh or Chilled Fruit
Chilled Juice
Milk

26

WG Golden Graham Cereal Bar

Fresh or Chilled Fruit
Chilled Juice
Milk

29

Whole Grain Donut

Fresh or Chilled Fruit
Chilled Juice
Milk

30

Assorted WG Cereal with Wheat Bread

Fresh or Chilled Fruit
Chilled Juice
Milk

31

WG Chocolate Chip Muffin

Fresh or Chilled Fruit
Chilled Juice
Milk

Milk Variety Includes:
1% White, 1% Chocolate, Skim
All grains are whole grain rich.



A reimbursable meal consists of at least 1/2 cup of fruit/juice and two other items.
100% Fruit Juice served Daily
Students may take up to 1 cup of fruit: Fresh, prepared or juice.
USDA and this institution are equal opportunity providers and employers. Menu subject to change