

# SEPTEMBER | 2021



## Hemlock Huskie Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b></p>	<p><b>31</b></p>	<p><b>1</b></p> <p>Cinnamon Toast Crunch Bar 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>2</b></p> <p>WG Poptart 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>3</b></p> <p><b>NO SCHOOL</b></p>
<p><b>6</b></p> <p><b>NO SCHOOL</b></p>	<p><b>7</b></p> <p>Strawberry NutriGrain Bar 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>8</b></p> <p>Chat Snack Vanilla Grahams 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>9</b></p> <p>Iced Apple Breakfast Square 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>10</b></p> <p>Banana Chocolate Benefit Bar 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>
<p><b>13</b></p> <p>WG Chocolate Muffin 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>14</b></p> <p>Strawberry Yogurt Chex Mix 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>15</b></p> <p>Bug Bites Graham Crackers 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>16</b></p> <p>WG Poptart 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>17</b></p> <p>Cinnamon Crunchmania 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>
<p><b>20</b></p> <p>WG Blueberry Muffin 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>21</b></p> <p>Cocoa Puff Bar 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>22</b></p> <p>Bunny Grahams 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>23</b></p> <p>Chocolate Oatmeal Bar 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>24</b></p> <p>RS Lucky Charms Cereal Bowl 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>
<p><b>27</b></p> <p>WG Banana Muffin 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>28</b></p> <p>French Toast Goldfish 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>29</b></p> <p>Cinnamon Toast Cereal Bowl 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>30</b></p> <p>WG Poptart 100% Fruit Juice Fruit Cup 1% White or Chocolate Milk</p>	<p><b>1</b></p>

### News



**STRONG SCHOOLS  
STRONG COMMUNITY**

Our breakfast/lunch application is ready to go! Though all meals are FREE for students for the 2021-2022 SY, so many other programs rely on free/reduced rates. Please take a few minutes of your time to fill out an application at [www.lunchapp.com](http://www.lunchapp.com).



Pick 3 for a Healthy Breakfast!  
Include (at least) 1/2 cup Fruit.