



School Information: This Institution is an equal opportunity employer
1 % White and Fat Free Chocolate



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

WG Strawberry Oatmeal **1**
Choice of Milk
Fresh Fruit

WG Blueberry Loaf **8**
Choice of Milk
Fresh Fruit

WG Banana Muffin **15**
Choice of Milk
Fresh Fruit

WG Chocolate Choco Chi **22**
Muffin
Choice of Milk
Fresh Fruit

WG Apple Jacks **29**
Choice of Milk
Fresh Fruit

Tuesday

WG Cinnamon Toast Cru **2**
Choice of Milk
Fresh Fruit

WG Fruit Loops **9**
Choice of Milk
Fresh Fruit

Strawberry Frosted Pop **16**
Choice of Milk
Fresh Fruit

WG Frosted Flakes **23**
Choice of Milk
Fresh Fruit

WG Orange Loaf **30**
Choice of Milk
Fresh Fruit

Wednesday

WG Strawberry Bagel fu **3**
Choice of Milk
Fresh Fruit

WG French Toast **10**
Choice of Milk
Fresh Fruit

WG Blueberry Muffin **17**
Choice of Milk
Fresh Fruit

WG Cream Cheese Bagelf **24**
Choice of Milk
Fresh Fruit



Thursday

WG Bagel and Strawberr **4**
Cream Cheese
Choice of Milk/ Fresh Fruit

WG Apple Muffin **11**
Choice of Milk
Fresh Fruit

WG Trix **18**
Choice of Milk
Fresh Fruit

WG Blueberry Pop tart **25**
Choice of Milk
Fresh Fruit

Friday

WG Chocolate Muffin **5**
Choice of Milk
Fresh Fruit

WG Cinnamon Toast Cere **12** ar
Choice of Milk
Fresh Fruit

19

WG Raisin Bagel and Cre **26**
Cheese
Choice of Milk/ Fresh Fruit

