

# SEPTEMBER 2019

## Cromwell Middle School

Students have the opportunity to choose one or two fruit choices, one or two vegetable choices, and a low fat or fat free milk to complete their meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	WG Breakfast bun or Assorted cereal Yogurt Juice or fresh fruit Milk	Choice of WG breakfast Item or WG cereal Yogurt Fruit choice Milk	Choice of WG muffin Choc chip or blueberry Assorted cereal Yogurt Juice or fresh fruit Milk	Variety of WG cold cereal or Mini Pancakes with syrup Yogurt Fruit juice Milk
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