



**School Information:** 1% flavored and unflavored milk and 100% juice available daily



**Nutrition Tip:** Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Cereal (22)  
String Cheese (21)  
WG Blueberry Donuts (39)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

1

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Applesauce (14)  
Peaches (18)

2

Cereal (22)  
String Cheese (21)  
Cinnamon Bun (35)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

3

Cereal (22)  
String Cheese (21)  
Blueberry Donuts (39)  
Applesauce (14)  
Peaches (18)

4

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Mandarin Oranges (17)  
Peaches (18)

5

Cereal (22)  
String Cheese (21)  
WG Blueberry Donuts (39)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

8

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Applesauce (14)  
Peaches (18)

9

Cereal (22)  
String Cheese (21)  
Cinnamon Bun (35)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

10

Cereal (22)  
String Cheese (21)  
Blueberry Donuts (39)  
Applesauce (14)  
Peaches (18)

11

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Mandarin Oranges (17)  
Peaches (18)

12

Cereal (22)  
String Cheese (21)  
WG Blueberry Donuts (39)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

15

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Applesauce (14)  
Peaches (18)

16

Cereal (22)  
String Cheese (21)  
Cinnamon Bun (35)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

17

Cereal (22)  
String Cheese (21)  
Blueberry Donuts (39)  
Applesauce (14)  
Peaches (18)

18

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Mandarin Oranges (17)  
Peaches (18)

19

Cereal (22)  
String Cheese (21)  
WG Blueberry Donuts (39)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

22

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Applesauce (14)  
Peaches (18)

23

Cereal (22)  
String Cheese (21)  
Cinnamon Bun (35)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

24

Cereal (22)  
String Cheese (21)  
Blueberry Donuts (39)  
Applesauce (14)  
Peaches (18)

25

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Mandarin Oranges (17)  
Peaches (18)

26

Cereal (22)  
String Cheese (21)  
WG Blueberry Donuts (39)  
Mandarin Oranges (17)  
Pineapple Tidbits (16)

29

Cereal (22)  
String Cheese (21)  
Poptarts (73)  
Applesauce (14)  
Peaches (18)

30

