

Artificial Ingredients, Additives, Preservatives

High Fructose Corn Syrup

Fried Foods Mystery Meats

ALWAYS fresh NEVER frozen

\*\*\*\* 4-Star Schod Lunch Provider!

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3	Cheerios Cereal 4 Fruit- 1/2 cup Milk- 1 cup	Pancakes w. Syrup 5 (2 each) Fruit- 1/2 cup Milk-1 cup	Whole Grain Breakfast 6 Bar Fruit- 1/2 cup Milk- 1 cup	Biscuit w. Jelly 7 Fruit- 1/2 cup Milk- 1 cup
Whole Grain Cereal 10 Bowl Fruit- 1/2 cup Milk- 1 cup	Whole Grain Breakfast 11 Bar Fruit- 1/2 cup Milk- 1 cup	Waffles w. Syrup 12 (2 each) Fruit- 1/2 cup Milk-1 cup	Bagel w. Cream Cheese 13 Fruit- 1/2 cup Milk- 1 cup	English Muffin w. Jelly 14 Fruit- 1/2 cup Milk- 1 cup
Whole Grain Cereal 17 Bowl Fruit- 1/2 cup Milk- 1 cup	Strawberry Fruit & 18 Grain Bar Fruit- 1/2 cup Milk- 1 cup	Pancakes w. Syrup 19 (2 each) Fruit- 1/2 cup Milk-1 cup	Whole Grain Breakfast 20 Bar Fruit- 1/2 cup Milk- 1 cup	Biscuit w. Jelly 21 Fruit- 1/2 cup Milk- 1 cup
Whole Grain Cereal 24 Bowl Fruit- 1/2 cup Milk- 1 cup	Whole Grain Breakfast 25 Bar Fruit- 1/2 cup Milk- 1 cup	Waffles w. Syrup 26 (2 each) Fruit- 1/2 cup Milk-1 cup	Bagel w. Cream Cheese 27 Fruit- 1/2 cup Milk- 1 cup	English Muffin w. Jelly 28 Fruit- 1/2 cup Milk- 1 cup

**Note:**  
~100% Fruit Juice IS considered a Fruit component

**Did You Know?!**

Watermelon is a delicious and nutritious refreshing fruit that has a high water content which helps keep you hydrated!



Come eat fresh watermelon with us!

