



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>
1 Goldfish Cheddar Crackers & 100% Fruit Juice	2 YoPlait Go-Gurt Strawberry Yogurt & Fresh Veggies	3 Cheddar Cheese Stick & Fresh Fruit	4 Scooby Doo Sticks & 100% Fruit Juice	5 No School
8 No School	9 Blueberry Lemon Bites & 100% Fruit Juice	10 Mozzarella String Cheese & Goldfish Grahams	11 Whole Grain Cheddar Goldfish Crackers & 100% Fruit Juice	12 Whole Grain Cheez It Crackers & Fresh Fruit
15 Cinnamon Goldfish Grahams & Craisin Cranberries	16 Whole Grain Pretzel Crackers & 100% Fruit Juice	17 Cheddar Cheese Stick & Fresh Veggies	18 No School	19 No School
22 Animal Crackers & 100% Fruit Juice	23 Whole Grain Cheez It Crackers & Fresh Fruit	24 Mozzarella String Cheese & Goldfish Grahams	25 Whole Grain Cheddar Goldfish Crackers & 100% Fruit Juice	26 YoPlait Go-Gurt Strawberry Yogurt & Fresh Veggies
29 Scooby Doo Sticks & 100% Fruit Juice	30 Whole Grain Pretzel Crackers & Fresh Fruit	31 Cheddar Cheese Stick & Fresh Veggies		

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

~Pumpkins are a  
**FRUIT** that  
originated in  
Central America

~Illinois grows  
more pumpkins  
that any other  
state in the  
country

