

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>
			Biscuit w. Jelly Fruit- 1/2 cup Milk- 1 cup	No School
Whole Grain Cheerios Cereal Bowl Fruit- 1/2 cup Milk- 1 cup	Pancakes w. Syrup (2 each) Fruit- 1/2 cup Milk-1 cup	Whole Grain Fruit & Apple Bar Fruit- 1/2 cup Milk-1 cup	English Muffin w. Jelly Fruit- 1/2 cup Milk- 1 cup	Bagel & Cream Cheese Fruit- 1/2 cup Milk- 1 cup
Whole Grain Cereal Bowl Fruit- 1/2 cup Milk- 1 cup	Waffles w. Syrup (2 each) Fruit- 1/2 cup Milk-1 cup	Whole Grain Fruit & Strawberry Bar Fruit- 1/2 cup Milk-1 cup	Biscuit w. Jelly Fruit- 1/2 cup Milk- 1 cup	Whole Grain Breakfast Bar Fruit- 1/2 cup Milk- 1 cup
No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break		No School Thanksgiving Break
Whole Grain Cheerios Cereal Bowl Fruit- 1/2 cup Milk- 1 cup	Pancakes w. Syrup (2 each) Fruit- 1/2 cup Milk-1 cup	Whole Grain Breakfast Bar Fruit- 1/2 cup Milk-1 cup	English Muffin w. Jelly Fruit- 1/2 cup Milk- 1 cup	Whole Grain Apple Whirls Cereal Bowl Fruit- 1/2 cup Milk-1 cup

Please Note:

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

