



“This institution is an equal opportunity provider.”



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Fall Break 2

Fall Break 3

Fall Break 4

Fall Break 5

Fall Break 6

Chex Mix 9
100% Fruit Juice or
Fruit

BC Butterscotch 10
Bar(764061)
100% Fruit Juice or
Fruit

Graham Crackers 11
(643012)
100% Fruit Juice or
Fruit

Nature CC Chips 12
(526960)
100% Fruit Juice or
Fruit

Golden Graham 13
Cereal Bar(265921)
100% Fruit Juice or
Fruit

Chex Mix 16
100% Fruit Juice or
Fruit

Cinnamon Toast 17
Crunch Bar (265891)
100% Fruit Juice or
Fruit

Golden Graham 18
Cereal Bar(265921)
100% Fruit Juice or
Fruit

BC Butterscotch 19
Bar(764061)
100% Fruit Juice or
Fruit

Cheezits 20
100% Fruit Juice or
Fruit

Chex Mix 23
100% Fruit Juice or
Fruit

Nature CC Chips 24
(526960)
100% Fruit Juice or
Fruit here

Cheezits 25
100% Fruit Juice or
Fruit

Graham Crackers 26
(643012)
100% Fruit Juice or
Fruit

Golden Graham 27
Cereal Bar(265921)
100% Fruit Juice or
Fruit

PD Day - No School 30

Cheezits 31
100% Fruit Juice or
Fruit

