

# SEPTEMBER

# MID-MORNING NUTRITION BREAK

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL LABOT DAY	2 Pretzels String Cheese Carrot Sticks Milk	3 Sun Chips Apple Slices Milk	4 Upstate Yogurt Cup Bug Bites Graham Snacks Banana Milk	5 Cinnamon Raisin Bagel Cream Cheese Orange Juice Milk
8 Strawberry Poptarts Applesauce Cup Milk	9 English Muffin With Jelly Orange Juice Milk	10 French Toast Crunch Grahams Fresh Banana Milk	11 Blueberry Muffin Apple Juice Milk	12 Scooby Doo Snacks String Cheese Fresh Pear Slices Milk
15 Blueberry Bagel Cream Cheese Orange Juice Milk	16 Upstate Yogurt Cup Elf Grahams Apple Juice Milk	17 Pretzels Fresh Orange Slices Milk	18 Sea Animal Crackers String Cheese Grape Juice Milk	19 Cinnamon Raisin Bread With Margarine Applesauce Cup Milk
22 Team Cheerios Cereal Bar String Cheese Grape Juice Milk	23 NO SCHOOL 4K-5 EARLY RELEASE 6-12 Strawberry Waffle Grahams Apple Juice Milk	24 Blueberry Poptarts Strawberry Fruit Cup Milk	25 Cheez-It Crackers #Hard Boiled Egg Fresh Apple Slices Milk	26 <b>EARLY RELEASE K-12</b> Plain Bagel Cream Cheese Fresh Grapes Milk
29 Blueberry Bagel Cream Cheese Strawberry Fruit Cup Milk	30 Sun Chips Apple Slices Milk	Please discuss with your child if they will be taking a school supplied mid-morning nutrition snack or if you will be supplying your own snack.	* - May contain pork + - May contain peanuts # - May contain eggs Skim and 2% Milk served daily  Menu subject to change	<u>MEAL PRICES</u> Student - \$1.15 Adult - \$1.30 The cost of snack will be deducted from your child's meal account.

WE THINK FOOD BECAUSE "YOU" CAN'T THINK WITHOUT IT