Monday	Tuesday	Wednesday	Thursday	Friday
Golden Grahams	ZZ Bar Apple Crisp	Ultimate Breakfast Bar	Cinnamon ZZ Bar	WG Breakfast Ring
Animal Grahams Mixed Fruit Cup 100% Julice Orange 1% White Milk or 1% Chocolate Milk	Diced Pear Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Craisins 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Fresh Apple 1% White Milk or 1% Chocolate Milk	Fresh Banana 100% Juice Orange 1% White Milk or 1% Chocolate Milk
1	2	3	4	5
Cinnamon Toast Crunch Cereal	Strawberry PopTart	WG Bagel w/Cream cheese	WG Banana Muffin	ZZ Bar Birthday Cake
Animal Grahams Diced Peaches 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Pineapple Tibits Cup 100% Juice Orange 1% White Milk or 1% Chocolate Milk	Fresh Apple 1% White Milk or 1% Chocolate Milk	Giant Vanilla Goldfish Mixed Berry Applesauce Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Fresh Banana 100% Juice Orange 1% White Milk or 1% Chocolate Milk
8	9	10	11	12
Cocoa Puff Cereal Bar	ZZ Bar Blueberry Lemon	Ultimate Breakfast Bar	Double Chocolate Chip Muffin	Trix Cereal Bar
Animal Grahams Fresh Orange 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Craisins 100% Juice Orange 1% White Milk or 1% Chocolate Milk	Craisins 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Giant Vanilla Goldfish Fresh Apple 1% White Milk or 1% Chocolate Milk	Animal Grahams Fresh Banana 100% Juice Orange 1% White Milk or 1% Chocolate Milk
15	16	17	18	19
Raisin Bran Bowl	ZZ Bar Cinnamon	WG Bagel w/Cream cheese	WG Frosted Cinnamon Poptart	WG Blueberry Muffin
Animal Grahams Mandarin Orange 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Diced Pear Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Fresh Apple 1% White Milk or 1% Chocolate Milk	Applesauce Cup 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Giant Vanilla Goldfish Fresh Banana 100% Juice Orange 1% White Milk or 1% Chocolate Milk
22	23	24	25	26
Frosted Flakes	Breakfast Nutrition Bar			
Chat Snack Graham crackers Pineapple Tidbits 100% Apple Juice 1% White Milk or 1% Chocolate Milk	Mixed Fruit Cup 100% Juice Orange 1% White Milk or 1% Chocolate Milk			
29	30			



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## Thought for Thought

## Time & Information

Recycling can help to reduce the amount of items going into your garbage each week and will ensure that you're contributing to a sustainable and long-term commitment by many communities across the world to making the most of our resources. By recycling regularly, you show other people that it is possible, a good thing to do and that it makes a difference.

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"or:" = An alternative selection to choose. "WG"=Whole Grain 1% White & 1%Chocolate Milk available daily.

