

Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day No School	3 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk- 1 cup	4 Whole Grain Cereal Bowl Fruit- 1/2 cup Milk-1 cup	5 Go-Gurt w. Graham Crackers (2 each) Fruit- 1/2 cup Milk-1 cup	6 Blueberry Mini Pancakes Fruit- 1/2 cup Milk- 1 cup
9 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk- 1 cup	10 Biscuits W. Jelly Fruit-1/2 cup Milk – cup	11 Whole Grain Cereal Bowl Fruit- 1/2 cup Milk-1 cup	12 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk- 1 cup	13 No school
16 Go-Gurt w. Graham Crackers (2 each) Fruit- 1/2 cup Milk-1 cup	17 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk- 1 cup	18 String Cheese W. Graham Cracker Fruit- 1/2 cup Milk- 1 cup	19 Whole Grain Cereal Bowl Fruit- 1/2 cup Milk-1 cup	20 Blueberry Mini Pancakes Fruit- 1/2 cup Milk- 1 cup
23 Whole Grain Cereal Bowl Fruit- 1/2 cup Milk-1 cup	24 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk-1 cup	25 String Cheese W. Graham Cracker Fruit- 1/2 cup Milk- 1 cup	26 Biscuits W. Jelly Fruit-1/2 cup Milk – cup	27 Go-Gurt w. Graham Crackers (2 each) Fruit- 1/2 cup Milk-1 cup
30 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk- 1 cup				

Please Note:

~100% Fruit Juice IS considered a Fruit component

