

Monday

1
 Mini Cream Cheese Filled Bagel
 Cinn. Toast Crunch Cereal Bowl
 String Cheese
 Fresh Fruit
 Assorted Juice
 Apple Juice
 Kiwi Strawberry Juice
 Chocolate Milk
 Milk

8
 Zee Zee Bar
 Chocolate Chip Waffle
 String Cheese
 Fresh Fruit
 Assorted Juice
 Apple Juice
 Kiwi Strawberry Juice
 Chocolate Milk
 Milk

15
 Mini Cream Cheese Filled Bagel
 Lucky Charms Cereal Bowl
 String Cheese
 Fresh Fruit
 Assorted Juice
 Chocolate Milk
 Milk

22
 Blueberry Breadstick
 Assorted Poptarts
 String Cheese
 Fresh Fruit
 Assorted Juice
 Chocolate Milk
 Milk

29
 Mini Cream Cheese Filled Bagel
 Cinn. Toast Crunch Cereal Bowl
 String Cheese
 Fresh Fruit
 Assorted Juice
 Chocolate Milk
 Milk

Tuesday

2
 Choc. Chip Oatmeal Bites
 Breakfast Waffle Sandwich w Cracker
 Fresh Fruit
 Assorted Juice
 Apple Juice
 Mixed Berry Juice
 Sunflower Seeds
 Chocolate Milk

9
 Assorted Muffin
 Blueberry Muffin
 Canadian Bacon, Egg & Cheese Muffin
 Chocolate Muffin
 Fresh Fruit
 Assorted Juice
 Apple Juice
 Mixed Berry Juice
 Sunflower Seeds

16
 Bowl Cocoa Puffs Cereal Bowl
 Sausage, Egg, & Cheese Croissant
 Fresh Fruit
 Assorted Juice
 Sunflower Seeds
 Chocolate Milk
 Milk

23
 Assorted Muffin
 Canadian Bacon, Egg & Cheese Muffin
 Fresh Fruit
 Assorted Juice
 Sunflower Seeds
 Chocolate Milk
 Milk

30
 Choc. Chip Oatmeal Bites
 Breakfast Waffle Sandwich w Cracker
 Fresh Fruit
 Assorted Juice
 Sunflower Seeds
 Chocolate Milk
 Milk

Wednesday

3
 Assorted Cereal Bar
 Sweet Roll
 String Cheese
 Fresh Fruit
 Assorted Juice
 Apple Juice
 Kiwi Strawberry Juice
 Chocolate Milk

10

17
 Assorted Cereal Bar
 Sweet Roll
 String Cheese
 Fresh Fruit
 Assorted Juice
 Chocolate Milk
 Milk

24
 Assorted Benefit Bar
 Soft Cereal Bar
 String Cheese
 Fresh Fruit
 Assorted Juice
 Chocolate Milk
 Milk

Thursday

4
 Apple Cinn. Fruit & Grain Bar
 Strawberry Fruit & Grain Bar
 Nutrigrain Bar
 Breakfast Pizza
 Fresh Fruit
 Assorted Juice
 Apple Juice
 Tropical Twist Juice

11
 Breakfast Bites
 Breakfast Burrito w Crackers
 Fresh Fruit
 Assorted Juice
 Apple Juice
 Kiwi Strawberry Juice
 Sunflower Seeds
 Chocolate Milk

18
 Apple Cinn. Fruit & Grain Bar
 Breakfast Pizza
 Fresh Fruit
 Assorted Juice
 Sunflower Seeds
 Chocolate Milk
 Milk

25
 FWCS NO SCHOOL

Friday

5
 FWCS NO SCHOOL

12
 Assorted Benefit Bar
 Chocolate Filled Crescent
 String Cheese
 Fresh Fruit
 Assorted Juice
 Apple Juice
 Chocolate Milk
 Milk

19
 Apple Stuffed Breadstick
 Assorted Poptarts
 String Cheese
 Fresh Fruit
 Assorted Juice
 Chocolate Milk
 Milk

26
 FWCS NO SCHOOL



Menus are subject to change without notice.