

Monday

Tuesday

Wednesday

Thursday

Friday

No School/Vacation

4

No School/Vacation

5

Oatmeal breakfast bar
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

6

Freshly made fruit muffin
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

7

Muffins made with local flour + fruit

Harvest of the month Maple

1



Oatmeal breakfast bar
Or whole grain cereal
Wild blueberry smoothie
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

8

Smoothie made with local berries+ yogurt

Whole grain bagel with cream cheese
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

11

Freshly made breakfast sandwich
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

12

HARVEST OF THE MONTH
Vanilla and maple yogurt with granola
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk
Local yogurt and maple syrup

13

Freshly made fruit muffin
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

14

Muffin made with local flour + fruit

Oatmeal breakfast bar
Or whole grain cereal
Wild blueberry smoothie
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

15

Smoothie made with local berries and yogurt

Whole grain bagel with cream cheese
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

18

Freshly made breakfast sandwich
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

19

Harvest of the month
Maple vanilla yogurt with granola
Whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk
Local yogurt and maple syrup

20

Freshly made fruit muffin
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

21

Muffin made with local flour+ fruit

No school
Inservice day

22

Whole grain bagel with cream cheese
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

25

Freshly made breakfast sandwich
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

26

Harvest of the month
Maple vanilla yogurt with granola
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk
Local yogurt and maple syrup

27

Freshly made fruit muffin
Or whole grain cereal
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

28

Muffin made with local flour + fruit

Oatmeal breakfast bar
Or whole grain cereal
Wild blueberry smoothie
Fresh fruit
100% fruit or vegetable juice
1% white or ff chocolate milk

29

Smoothie made with local berries + yogurt

Menu is subject to change without notice.

All breads and grain served are whole grain rich. This institution is an equal opportunity provider.