



**Meet Your Nutritious Friend:  
Cran "Bogger"**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 WG UBR Cinnamon Bar  100% Fruit Juice Apple 1% or Skim Milk	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <p>Daily we will feature either 2 single grain breakfast items or 1 double grain breakfast item. All grains featured will be whole grain. They may include: muffins, mini loaves, cereal breakfast bars, crackers, or similar breakfast pastries.</p> <p><b>Whole Grain Cereals May Include:</b> Cinnamon Toast Crunch Reduced Sugar, Trix Reduced Sugar, Cocoa Puffs Reduced Sugar, Kix Reduced Sugar, Cheerios, Froot Loops Reduced Sugar</p> <p><b>Fruit Options May Include:</b> Apple, 100% Fruit Juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white</p> <p><b>Breakfast At The Door</b> Breakfast bags to include breakfast items featured on the left.</p> <p><b>*Free breakfast &amp; lunch available to all students when school is in session.</b></p>
4 Non-Attendance Day	5 Non-Attendance Day	6 WG Blueberry Mini Loaf WG Scooby Snacks  100% Fruit Juice Apple 1% or Skim Milk	7 WG Apple Fritter  100% Fruit Juice Apple 1% or Skim Milk	8 WG Corn Chex WG Cheez-It's  100% Fruit Juice Apple 1% or Skim Milk	
11 WG Reduced Sugar Apple Jacks WG Vanilla Fish  100% Fruit Juice Apple 1% or Skim Milk	12 WG Golden Grahams WG Pretzel Goldfish  100% Fruit Juice Apple 1% or Skim Milk	13 WG Blueberry Lemon Bites WG Graham Cracker  100% Fruit Juice Apple 1% or Skim Milk	14 WG Banana Muffin WG Granola Crispy Bites  100% Fruit Juice Apple 1% or Skim Milk	15 WG Blueberry Donut Holes  100% Fruit Juice Apple 1% or Skim Milk	
18 WG Cheerios WG Cheez-It's  100% Fruit Juice Apple 1% or Skim Milk	19 WG Reduced Sugar Cocoa Puffs WG Berry Animal Crackers  100% Fruit Juice Apple 1% or Skim Milk	20 WG Orange Mini Loaf WG Cinnamon Fish  100% Fruit Juice Apple 1% or Skim Milk	21 WG Apple Cinn Muffin WG Annie's Bunnies  100% Fruit Juice Apple 1% or Skim Milk	22 WG Banana Chocolate Oatmeal Round  100% Fruit Juice Apple 1% or Skim Milk	
25 Non-Attendance Day	26 Non-Attendance Day	27 Non-Attendance Day	28 No School Thanksgiving Day	29 No School	

Jenny Johns Patterson: General Manager  
Jean Viglione: Registered Dietitian  
Suzanne Robertson: Café Services Manager  
Jess Kremer: Executive Chef

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