



Lunch Prices: K-4 \$2.50, 5-12 \$2.75  
Adults \$3.75 Extra milk \$0.50



**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

5

6

7

8

9

12

13

14

15

16

**NO SCHOOL**

19

**NO SCHOOL**

20

3 Choices of Cereal, Juice, Milk or Grab & Go

21

Maple Bars, Fruit, Milk or Grab & Go

22

3 Choices of Smoothies, 3 Choices of Muffins, Milk or Grab & Go

23

Homemade Granola Bars, Fruit, Milk or Grab & Go

26

Breakfast Pizza, Fruit, Milk or Grab & Go

27

3 Choices of Cereal, Juice, Milk or Grab & Go

28

Chocolate Chip Pancakes, Fruit, Milk or Grab & Go

29

3 Choices of Smoothies, 3 Choices of Muffins, Milk or Grab & Go

30