



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | WG Breakfast Ring (29) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14) |
| 522:780:87 Cocoa Puff Cereal Bar (30) Animal Grahams(20) Apple Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14) | 522:780:87 No School | 522:780:87 Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14) | 522:780:87 Egg & Cheese on WG English Muffin(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14) | 1 522:780:87 WG Cinnabar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14) |
| 4 482:735:89 Cinnamon Toast Crunch Cereal(22) Animal Grahams(20) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14) | 5 80:760:20 Apple Frudel (37) Orange Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14) | 6 534:635:94 WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14) | 7 511:910:86 Egg & Cheese on WG English Muffin(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14) | 8 572:780:103 WG Raspberry Bar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14) |
| 11 442:795:81 Frosted Flakes(25) Mini Vanilla Wafers(19) Apple Juice(15) Pineapple Tbits Cup (13) 1% White or FF Chocolate Milk(14) | 12 422:810:76 Mini Cinnis (39) Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14) | 13 544:880:73 Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14) | 14 511:910:86 Mini Blueberry Pancakes (35) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14) | 15 572:780:103 WG Apple Roll (35) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14) |
| 18 522:765:96 Trix Cereal(24) Animal Grahams(20) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14) | 19 452:790:78 Egg & Cheese on WG English Muffin(24) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14) | 20 534:635:94 WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14) | 21 511:830:97 Thanksgiving Day | 22 492:750:93 No School |
| 25 442:775:83 | 26 422:910:63 | 27 544:880:73 | 28 80:760:20 | 29 80:760:20 |



Thought for Thought

Tips & Information

BREAKFAST IS SERVED DAILY FROM 7:55 TO 8:15 TO ALL STUDENTS
Contact Laura Alvarado 313-843-9440

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:454 AvgSod(mg):790 AvgCarbs(g):78
"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.
****Menu Subject to Change****

