



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>No School</b></p> <p>2</p>	<p><b>Cinnamon Toast Crunch Cereal(22)</b></p> <p>Animal Grahams(20) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)</p> <p>3 402:415:71</p>	<p><b>WG Bagel(30)</b></p> <p>Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>4 504:500:63</p>	<p><b>Nutri-grain Bar(30)</b></p> <p>Giant Cinnamon Goldfish(21) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>5 551:384:103</p>	<p><b>WG Raspberry Bar (45)</b></p> <p>Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>6 532:400:93</p>
<p><b>Frosted Flakes(25)</b></p> <p>Mini Vanilla Wafers(19) Apple Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)</p> <p>9 482:385:86</p>	<p><b>Breakfast Nutrition Bar(40)</b></p> <p>Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)</p> <p>10 432:245:69</p>	<p><b>Dannon Nonfat Creamy Yogurt (14)</b></p> <p>Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>11 494:255:84</p>	<p><b>WG Blueberry Muffin(30)</b></p> <p>Animal Grahams(20) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>12 571:340:102</p>	<p><b>WG Apple Roll (35)</b></p> <p>Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>13 452:370:83</p>
<p><b>Trix Cereal(24)</b></p> <p>Animal Grahams(20) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>16 402:395:73</p>	<p><b>Cocoa Krispies Cereal Bar (27)</b></p> <p>Mini Vanilla Wafers(19) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)</p> <p>17 462:365:75</p>	<p><b>WG Bagel(30)</b></p> <p>Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>18 504:500:63</p>	<p><b>Fruit Loops(24)</b></p> <p>Giant Cinnamon Goldfish(21) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>19 501:415:97</p>	<p><b>WG Goody Bun (34)</b></p> <p>Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>20 492:390:82</p>
<p><b>Golden Grahams(24)</b></p> <p>Animal Grahams(20) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)</p> <p>23 402:475:73</p>	<p><b>Breakfast Nutrition Bar(38)</b></p> <p>Orange Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)</p> <p>24 462:225:80</p>	<p><b>Dannon Nonfat Creamy Yogurt (14)</b></p> <p>Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>25 494:255:84</p>	<p><b>WG Zucchini Bread Slice (43)</b></p> <p>Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>26 531:360:95</p>	<p><b>WG Breakfast Ring (29)</b></p> <p>Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>27 482:400:77</p>
<p><b>Cocoa Puffs Cereal(25)</b></p> <p>Animal Grahams(20) Apple Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)</p> <p>30 402:415:74</p>				



**Thought for Thought**

*One machine can do the work of fifty ordinary men. No machine can do the work of one one extraordinary man. - Elbert Hubbard*

**Tips & Information**

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

8/27/2019 10:24:28 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:477 AvgSod(mg):374 AvgCarbs(g):81

"or:" = An alternative selection to choose. "WG"=Whole Grain  
1% White & Fat Free Chocolate Milk available daily.

**\*\*Menu Subject to Change\*\***

