

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**4**  
 Yogurt Cup  
 Graham Snacks  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**5**  
 Chocolate Chip Muffin  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**6**  
 Snowflake Waffle  
 Syrup Cup  
 Strawberry Cup  
 Milk or Juice  
 Assorted WG Cereals

**7**  
 Blueberry Muffin  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**1**  
 Honey Wheat or Cinnamon  
 WG Bagel  
 Cream Cheese or Margarine Cup  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**11**  
 Yogurt Cup  
 Strawberry NutriGrain Bar  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**12**  
 Chocolate Chip Muffin  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**13**  
 Mini Pancakes  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**14**  
 Apple Cinnamon Muffin  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**8**  
 Honey Wheat or Cinnamon  
 WG Bagel  
 Cream Cheese or Margarine Cup  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**15**  
 Honey Wheat or Cinnamon  
 WG Bagel  
 Cream Cheese or Margarine Cup  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**18**  
 Yogurt Cup  
 Graham Snacks  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**19**  
 Chocolate Chip Muffin  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**20**  
 Mini Blueberry Waffles  
 Syrup Cup  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**21**  
 Corn Muffin  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**22**  
 Honey Wheat or Cinnamon  
 WG Bagel  
 Cream Cheese or Margarine Cup  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**25**  
 Yogurt Cup  
 Strawberry NutriGrain Bar  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**26**  
 Chocolate Chip Muffin  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**27**  
 Mini Pancakes  
 Syrup Cup  
 Fruit  
 Milk or Juice  
 Assorted W/G Cereals

**28**  
 Apple Cinnamon Muffin  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

**29**  
 Honey Wheat or Cinnamon  
 WG Bagel  
 Cream Cheese or Margarine Cup  
 Fruit  
 Milk or Juice  
 Assorted WG Cereals

Garelick Farms Tru-Moo Chocolate and Dairy Pure 1% white milk are both non-GMO and antibiotic free  
 Menus are subject to change upon availability of products  
 Meal Applications are available on line or contact the Food Service Office at (508) 866-6230  
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