

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Super Mini Loaf <b>1</b> Keebler High Fiber Graham Cracker Pack Chilled Pears Milk Choice	Dannon Yogurt Cup <b>2</b> Keebler High Fiber Graham Cracker Pack Mixed Fruit Cup Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>3</b> Keebler High Fiber Graham Cracker Pack Fresh Orange Wedges Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>4</b> Keebler High Fiber Graham Cracker Pack Chilled Peaches Milk Choice
Kellogg's or General Mills Assorted Personal Cereal <b>7</b> Keebler High Fiber Graham Cracker Pack Individual Juice Box Milk Choice	"Bagel Stuffer" Chilled Applesauce <b>8</b> Milk Choice	Dannon Yogurt Cup <b>9</b> Keebler High Fiber Graham Cracker Pack Chilled Peaches Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>10</b> Keebler High Fiber Graham Cracker Pack Orange Juice Cup Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>11</b> Keebler High Fiber Graham Cracker Pack Chilled Pears Milk Choice
Kellogg's or General Mills Assorted Personal Cereal <b>14</b> Keebler High Fiber Graham Cracker Pack Individual Juice Box Milk Choice	"Sun Morning Mix-Up" Bag <b>15</b> Mixed Fruit Cup Milk Choice	Dannon Yogurt Cup <b>16</b> Keebler High Fiber Graham Cracker Pack Chilled Pears Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>17</b> Keebler High Fiber Graham Cracker Pack Fresh Orange Wedges Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>18</b> Keebler High Fiber Graham Cracker Pack Chilled Applesauce Milk Choice
Kellogg's or General Mills Assorted Personal Cereal <b>21</b> Keebler High Fiber Graham Cracker Pack Individual Juice Box Milk Choice	Dannon Yogurt Cup <b>22</b> Keebler High Fiber Graham Cracker Pack Mixed Fruit Cup Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>23</b> Keebler High Fiber Graham Cracker Pack Chilled Peaches Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>24</b> Keebler High Fiber Graham Cracker Pack Fruit Choice Milk Choice	<b>25</b> <u>Schools Closed</u>
<u>Schools Closed</u> <b>28</b>  Breakfast Prices: • Paid = \$1.00 • Reduced = \$.25	Kellogg's or General Mills Assorted Personal Cereal <b>29</b> Keebler High Fiber Graham Cracker Pack Individual Juice Box Milk Choice	Kellogg's or General Mills Assorted Personal Cereal <b>30</b> Keebler High Fiber Graham Cracker Pack Chilled Applesauce Milk Choice	Dannon Yogurt Cup <b>31</b> Keebler High Fiber Graham Cracker Pack Mixed Fruit Cup Milk Choice	If you have a food allergy, please speak to your cafeteria manager or food server  Menu subject to change without notice.

### NUTRITION TIP: Hydration Tips for Athletes

- Only a 2% (3-lb loss for a 150-lb athlete) weight loss during exercise can reduce your performance.<sup>2</sup>
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.<sup>3</sup>



### School Information:

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