



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Lunch Meal Prices: \$2.25 High School \$2.00 ELEMENTARY BREAKFAST: \$1.50 PRE-K-12 Milk .50 Adult milk: .60/Adult Lunch \$4.00		¹ ELEMENTARY BREAKFAST	² 2011		
⁵ LABOR DAY NO SCHOOL	⁶ SUPERINTENDENT'S DAY NO SCHOOL	⁷ TOAST,WHOLE-WHEAT BREAD CEREAL,VARIETY FRESH FRUIT TRAY FRUIT JUICE,ASSORTED MILK OFFERED@MCS PEANUT BUTTER	⁸ ENGLISH MUFFIN * SAUSAGE CEREAL,VARIETY MILK OFFERED@MCS FRUIT JUICE,ASSORTED APPLES,Fresh	⁹ YOGURT CEREAL,VARIETY MILK OFFERED@MCS FRUIT JUICE,ASSORTED FRESH FRUIT BOWL	Cal 623 T.Fat 7.91 G S.Fat 3.2 G Chol 28.7 Mg Sodm 492.87 Mg
¹² TOAST,RAISIN CEREAL,VARIETY FRUIT JUICE,ASSORTED APPLES,Fresh MILK OFFERED@MCS JELLY CREAM CHEESE	¹³ TOAST,WHOLE-WHEAT BREAD CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK OFFERED@MCS FRESH FRUIT BOWL	¹⁴ PLAIN BAGEL CREAM CHEESE CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK OFFERED@MCS FRESH FRUIT BOWL	¹⁵ GRANOLA CEREAL,VARIETY FRUIT JUICE,ASSORTED FRESH FRUIT BOWL MILK OFFERED@MCS	¹⁶ WAFFLES MAPLE SYRUP CEREAL,VARIETY MILK OFFERED@MCS FRUIT JUICE,ASSORTED FRESH FRUIT BOWL JELLY	Cal 495 T.Fat 5.10 G S.Fat 2.2 G Chol 10.4 Mg Sodm 346.11 Mg
¹⁹ TOAST, MIXED GRAIN BREAD CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK OFFERED@MCS APPLES,Fresh	²⁰ BREAKFAST COMBOS CEREAL,VARIETY FRUIT JUICE,ASSORTED BANANAS MILK OFFERED@MCS	²¹ TOAST, MIXED GRAIN BREAD CEREAL,VARIETY FRUIT JUICE,ASSORTED FRESH FRUIT BOWL MILK OFFERED@MCS JELLY	²² EGG PATTY CEREAL,VARIETY TOAST, MIXED GRAIN BREAD FRUIT JUICE,ASSORTED FRESH FRUIT BOWL MILK OFFERED@MCS	²³ BLUEBERRY MUFFIN CEREAL,VARIETY FRUIT JUICE,ASSORTED FRESH FRUIT BOWL MILK OFFERED@MCS	Cal 499 T.Fat 8.59 G S.Fat 2.7 G Chol 38.5 Mg Sodm 386.32 Mg
²⁶ YOGURT CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK OFFERED@MCS FRESH FRUIT BOWL	²⁷ ENGLISH MUFFIN * SAUSAGE CEREAL,VARIETY FRUIT,FRESH ASSORTED FRUIT JUICE,ASSORTED MILK OFFERED@MCS	²⁸ FRENCH TOAST STRIPS MAPLE SYRUP CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK OFFERED@MCS APPLES,Fresh	²⁹ NUTRI.GRAIN BARS CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK OFFERED@MCS FRESH FRUIT BOWL	³⁰ CEREAL,VARIETY ENGLISH MUFFINS,PLAIN,TO FRUIT JUICE,ASSORTED FRESH FRUIT BOWL MILK OFFERED@MCS PEANUT BUTTER JELLY	Cal 472 T.Fat 6.03 G S.Fat 2.2 G Chol 31.8 Mg Sodm 353.23 Mg