



### Thought for Thought

A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world. - Oscar Wilde

### Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

2/8/2020 2:55:30 PM

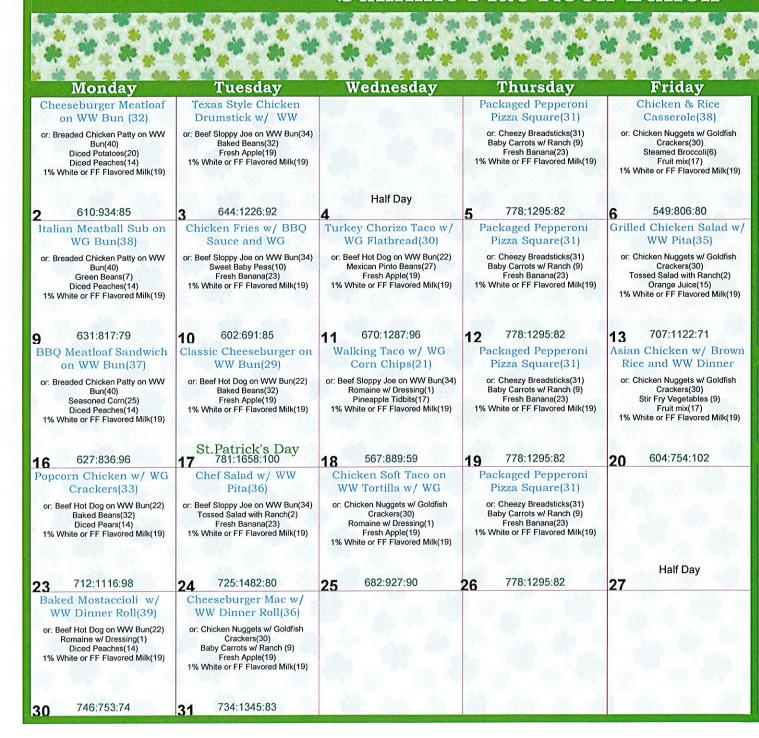
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:486 AvgSod(mg):361 AvgCarbs(g):)82

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



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





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2/8/2020 2:55:44 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:685 AvgSod(mg):1091 AvgCarbs(g):)84

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2/8/2020 2:55:51 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )
AvgCals:223 AvgSod(mg):131 AvgCarbs(g):)44

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