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Thought for Thought

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.

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



Menu Subject to Change