





Seven Hills Charter Public School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
³ Raisin Bran (Whole Grain) Apple Nutrigrain Bar Fruit Juice 1% Lowfat Milk	⁴ Corn Pops Glazed Donut Fresh Fruit Fruit Juice 1% Lowfat Milk	⁵ Blueberry Muffin Apple Juice Fresh Fruit 1% Lowfat Milk	⁶ Froot Loops (Reduced Sugar) Graham Crackers Fruit Juice Fresh Fruit 1% Lowfat Milk	⁷ No School
¹⁰ NO SCHOOL Columbus Day 	¹¹ Apple Jacks (reduced sugar) Breakfast Square Fruit Juice 1% Lowfat Milk	¹² Raisin Bran (Whole Grain) Belly Bears Fruit Juice Fresh Fruit 1% Lowfat Milk	¹³ Cheerios Superstix Bagel Fruit Juice 1% Lowfat Milk	¹⁴ Cinnamon Raisin Bagel Lowfat Cream Cheese Fruit Juice Fresh Fruit 1% Lowfat Milk
¹⁷ Fruity Cheerios Apple Nutrigrain Bar Fruit Juice 1% Lowfat Milk	¹⁸ Corn Pops Strawberry Pop Tart Apple Juice Fresh Fruit 1% Lowfat Milk	¹⁹ Blueberry Muffin Fresh Fruit Fruit Juice 1% Lowfat Milk	²⁰ Raisin Bran (whole grain) Graham Crackers Fruit Juice 1% Lowfat Milk	²¹ Multigrain Cheerios Belly Bears Fresh Fruit 1% Lowfat Milk
²⁴ Rice Krispies Breakfast Square Fruit Juice 1% Lowfat Milk	²⁵ Apple Jacks (Reduced Sugar) Mini Muffin Fruit Juice 1% Lowfat Milk	²⁶ Kix Graham Crackers Fruit Juice 1% Lowfat Milk	²⁷ Fruity Cheerios Belly Bears Fruit Juice 1% Lowfat Milk	²⁸ Whole Wheat Bagel Lowfat Cream Cheese Fresh Fruit 1% Lowfat Milk
³¹ Frosted Flakes (reduced sugar) Granola Square Fruit Juice 1% Lowfat Milk				

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.