






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Prices Breakfast served at no charge	1/2 pint milk served with each meal. Menu subject to change without notice. See mcsnutrition.org for nutrition information.			<i>Energy Island</i> has a variety of fruits and vegetables available with ranch dressing for dipping.
				
4 Whole Grain Cinnamon Pancakes Fresh Fruit X-Ray Vision Carrots	5 Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots	6 Whole Grain Chocolate Muffin Yogurt, Fresh Fruit X-Ray Vision Carrots	7 Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots	8 Whole Grain Apple Cinnamon Square Yogurt, Fresh Fruit X-Ray Vision Carrots
11 	12 Whole Grain Sausage Breakfast Square Fresh Fruit, Orange Juice X-Ray Vision Carrots	13 Whole Grain Oatmeal Chocolate Chip Muffin Yogurt, Fresh Fruit X-Ray Vision Carrots	14 Whole Grain Mini Cinnis Fresh Fruit X-Ray Vision Carrots	15 Whole Grain Blueberry Square Yogurt, Fresh Fruit X-Ray Vision Carrots
18 	19 Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots	20 Whole Grain Chocolate Muffin Yogurt, Fresh Fruit X-Ray Vision Carrots	21 Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots	22 Whole Grain Apple Cinnamon Square Yogurt, Fresh Fruit X-Ray Vision Carrots
25 Whole Grain Confetti Pancakes Fresh Fruit X-Ray Vision Carrots	26 Whole Grain Sausage Breakfast Square Fresh Fruit, Orange Juice X-Ray Vision Carrots	27 Whole Grain Oatmeal Chocolate Chip Muffin Yogurt, Fresh Fruit X-Ray Vision Carrots	28 Whole Grain Mini Cinnis Fresh Fruit X-Ray Vision Carrots	