


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast and lunch are served at no charge to all MCS students. 1/2 pint milk served with each meal. Extra milk is \$.50.</p> <p>See www.mcsnutrition.org for nutrition information.</p>		<p>1</p> <p>WG Blueberry Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>	<p>2</p> <p>WG Egg & Cheese Rolled Taco</p> <p>Assorted Fresh Fruit</p>	<p>3</p> <p>WG Apple Cinnamon Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>6</p> 	<p>7</p> <p>WG Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>8</p> <p>WG Chocolate Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>	<p>9</p> <p>WG Grape Crescent</p> <p>Assorted Fresh Fruit</p>	<p>10</p> <p>WG Banana Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>13</p> <p>WG French Toast Sticks</p> <p>Assorted Fresh Fruit</p>	<p>14</p> <p>WG Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>15</p> <p>WG Blueberry Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>	<p>16</p> <p>WG Egg & Cheese Rolled Taco</p> <p>Assorted Fresh Fruit</p>	<p>17</p> <p>WG Apple Cinnamon Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>20</p> <p>WG Blueberry Pancakes</p> <p>Assorted Fresh Fruit</p>	<p>21</p> <p>WG Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>22</p> <p>WG Chocolate Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>	<p>23</p> <p>WG Cherry Frudel</p> <p>Assorted Fresh Fruit</p>	<p>24</p> <p>WG Banana Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>27</p> <p>WG French Toast Sticks</p> <p>Assorted Fresh Fruit</p>	<p>28</p> <p>WG Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>29</p> <p>WG Blueberry Muffin</p> <p>Low-Fat Yogurt</p> <p>Assorted Fresh Fruit</p>	<p>30</p> <p>WG Egg & Cheese Rolled Taco</p> <p>Assorted Fresh Fruit</p>	