



## Forge International

K-5: 1.80 6-8: 1.90 Reduced: \$0.30

Adult: 2.80



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.







## Monday

## **Tuesday**

Muffin Mozzarella cheese stick 100% real fruit juice Fruity craisen Milk

## Wednesday

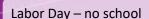
Fruit and granola parfait 100% real fruit juice Milk

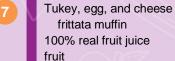
Egg and cheese breakfast sandwich Applesauce Fruity craisen Milk

**Thursday** 



**Friday** 





Milk

Muffin Mozzarella cheese stick 100% real fruit juice Fruity craisen Milk

Fruit and granola parfait 100% real fruit juice Milk

Egg and cheese breakfast sandwich Applesauce Fruity craisen Milk

Turkey, egg, and cheese frittata muffin 100% real fruit juice fruit Milk

Muffin Mozzarella cheese stick 100% real fruit juice Fruity craisen Milk

Fruit and granola parfait 100% real fruit juice Milk

Egg and cheese breakfast sandwich **Applesauce** Fruity craisen Milk

No school

Turkey, egg, and cheese frittata muffin 100% real fruit juice fruit Milk

Muffin Mozzarella cheese stick 100% real fruit juice Fruity craisen Milk

Fruit and granola parfait 100% real fruit juice Milk

Egg and cheese breakfast sandwich Applesauce Fruity craisen Milk

No school

Turkey, egg, and cheese frittata muffin 100% real fruit juice fruit Milk

Muffin Mozzarella cheese stick 100% real fruit juice Fruity craisen Milk

Fruit and granola parfait 100% real fruit juice Milk



