

Health Tip: Find ways to increase the fiber in your diet. Choose cereal and breads with at least 4 grams of fiber per serving. Eat more fresh and frozen fruits. Leave the peel on your fruits and vegetables. Fiber needs water to work properly so drink plenty of water.

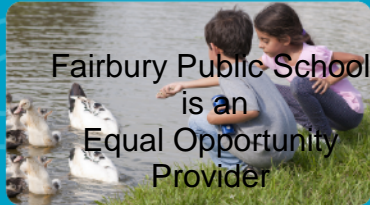


Menu Information: Cold Cereal is available as an alternate breakfast choice daily. Juice, Fruit and Milk are offered with every Breakfast. All grains served at Breakfast are whole grain rich.

****Fresh Fruit/Vegetable Program snack of the day. Encourage your child to try a new fruit/vegetable when offered.**



Monday



Fairbury Public School
is an
Equal Opportunity
Provider

Tuesday

Wednesday

Thursday

Friday



**Back to School Night
5-7 pm**

Blueberry Muffin (30)
Yogurt (19)

Sausage Pancake
on a Stick (17)

****Assorted Melon**

Long John (42)

Egg Taco (15)

Ham & Egg Bar (8)

****Sugar Snap Peas
w/Ranch**

Apple Strudel (37)

Breakfast Pizza (26)

****Berries**

Stuffed Pretzel (24)

Bacon/Egg/Cheese
Pizza Boat(25)

Cheese filled
Pretzel Sticks (27)

****Apricot**

Sweet & Savory
Sausage Sandwich (16)

Apple Crisp Parfait (55)

****Assorted Power Vegetables
w/Ranch**

