






**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<p><b>Treat Yourself Right</b></p>					<p><b>All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.</b></p>
<p><b>We hope you have enjoyed your summer. We look forward to serving you when you return.</b></p>					<p><b>Breakfast</b></p> <p><b>If you are FREE or REDUCED, receive these same benefits at breakfast.</b></p>
				<p><b>16</b></p> <p>Cinn Nutrigrain Bar Juice Fresh &amp; Canned Fruit Milk</p>	<p>Milk Served Daily Skim Chocolate Skim White 1% White</p>
<p><b>19</b></p> <p>Strawberry/Banana Yogurt String Cheese Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>20</b></p> <p>WG Blueberry Muffin Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>21</b></p> <p>Whole Grain Bagel Cream Cheese Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>22</b></p> <p>Lucky Charms Cereal Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>23</b></p> <p>Blueberry Nutrigrain Bar Juice Fresh &amp; Canned Fruit Milk</p>	<p>Milk A la carte: \$.45</p> <p><b>Student Breakfast: \$1.65</b></p> <p><b>Adult Breakfast: \$2.05</b></p>
<p><b>26</b></p> <p>WG Blueberry Muffin Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>27</b></p> <p>Strawberry/Banana Yogurt String Cheese Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>28</b></p> <p>Cheerios Cereal Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>29</b></p> <p>Whole Grain Bagel Cream Cheese Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>30</b></p> <p>Cinn Nutrigrain Bar Juice Fresh &amp; Canned Fruit Milk</p>	<p><b>WG – Whole Grain</b></p> <p><b>*Please go straight to the cafeteria in the morning if you would like breakfast*</b></p>

**North Palos – Breakfast Menu**



Menus are subject to change without notice.

This institution is an equal opportunity provider.



**Treat Yourself Right**  
**Eating a variety of fruits and vegetables is part of a balanced diet.**