

JANUARY 2019

Forestville Middle High School \$1.35

Monday	Tuesday	Wednesday	Thursday	Friday
2019,	NO SCHOOL	NO SCHOOL	Ham & Cheese Pretzel Bun Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Smoothie Pop Tarts Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup
Smoothie Apple Frudel (Fruit Filled Pastry) Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Sausage, Egg and Cheese English Muffin Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Smoothie Muffin Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Ham & Cheese Pretzel Bun Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Smoothie Cereal Bar Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup
Smoothie Bagel Served w/Home-Made Local Maple Cream Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Turkey Sausage Breakfast Pizza Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Smoothie Banana Breakfast Bar Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Ham & Cheese Pretzel Bun Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Smoothie Cherry Frudel (Fruit Filled Pastry) Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup
NO SCHOOL	Pancake Wrapped Around a Sausage Served with Local Maple Syrup Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Smoothie Sugar Doughnut Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Ham & Cheese Pretzel Bun Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Smoothie Nature Valley Bar Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup
Smoothie Cereal Bar Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Turkey Sausage Breakfast Pizza Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Smoothie Blueberry Muffin Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	Ham & Cheese Pretzel Bun Assorted Cereals 100% Fruit Juice Fresh Fruit/Fruit Cup	

