

**30**  
**Lucky Charms**  
 String Cheese  
 Fresh Apple

*side items*

Orange juice  
 Low Fat Milk

**31**  
**Chocolate chip muffin**  
 Mixed Fruit

*side items*

100% Mixed Fruit juice  
 Low Fat Milk

**1**  
**Trix Cereal Bar**  
 Diced peaches

*side items*

Orange Juice  
 Low Fat Milk

**2**  
**Apple Bosco stick**  
 Banana

*side items*

100% Mixed Fruit juice  
 Low Fat Milk

**3**  
**Mini Waffles**  
 Orange Wedges

*side items*

Apple juice  
 Low Fat Milk

**6**  
**French Toast Benefit Bar**  
 Pineapple

*side items*

Orange juice  
 Low fat milk

**7**  
**Cinni Minis**  
 Mixed Fruit

*side items*

100% mixed fruit juice  
 Low fat milk

**8**  
**Despicable Me grahams**  
 LF yogurt  
 Pears

*side items*

Orange juice  
 Low fat milk

**9**  
**Locally produced Shri Bark**  
 Banana

*side items*

100% mixed fruit juice  
 Low fat milk

**10** No School

*side items*

**13**  
**Mini French Toast**  
 Fresh Apple

*side items*

Orange Juice  
 Low Fat Milk

**14**  
**Blueberry Muffin**  
 LF Yogurt  
 Orange Wedges

*side items*

100% Mixed Fruit juice  
 Low Fat Milk

**15**  
**Cinnamon Breakfast Round**  
 Apple Sauce

*side items*

Orange juice  
 Low Fat Milk

**16**  
**Cinni Minis**  
 Craisins

*side items*

100% Mixed Fruit juice  
 Low Fat Milk

**17**  
**Apple Frudel**  
 Grapes

*side items*

Apple juice  
 Low Fat Milk

**20**  
**Mini Waffles**  
 Diced pears

*side items*

Orange Juice  
 Low Fat Milk

**21**  
**Cinni Minis**  
 Orange Wedges

*side items*

100% Mixed Fruit juice  
 Low Fat Milk

**22**  
**Cinnamon Toast Crunch Bar**  
 w/string cheese  
 Pears

*side items*

Orange Juice  
 Low Fat Milk

**23** **Thanksgiving**

**24**

*side items*

**27**  
**Apple Frudel**  
 Pineapples

*side items*

Orange juice  
 Low fat Milk

**28**  
**Cinnamon filled bagel w/cream cheese**  
 Fresh Apple

*side items*

100% Mixed Fruit juice  
 Low Fat Milk

**29**  
**Oatmeal CC Benefit Bar**  
 Apple Sauce

*side items*

Orange Juice  
 Low Fat Milk

**30**  
**Cinnamon Apple muffin**  
 Raisins

*side items*

100% Mixed Fruit juice  
 Low Fat Milk

**1**  
**Despicable Me grahams**  
 LF Yogurt  
 Fresh grapes

*side items*

Apple juice  
 Low Fat Milk



Cereal, Low fat yogurt, Low fat string cheese, Locally made muffins, juice, low fat milk and fruit are daily breakfast options.

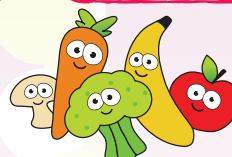
Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Make your server aware of any food allergies!



### Free/Reduced Applications

Any time your financial situation changes you can submit a free/reduced lunch application.



### Universal Free!

All Cranston students are entitled to free breakfast



### Contact Us:

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