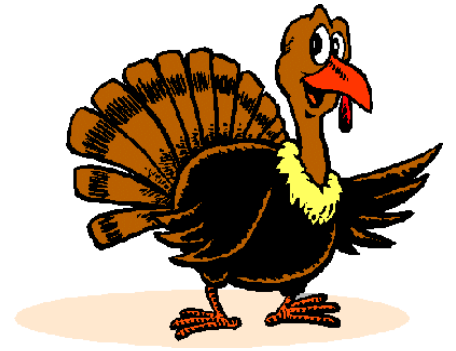




November Fun on the Run Menu



Monday

Cottage Cheese Cup, WG Chocolate Muffin, Goldfish
Pretzels & Applesauce Cup

Total Calories = 400 Sugar = 28g Carbs = 65g

Tuesday

WG Blueberry Muffin, String Cheese, Chezit Crackers &
Mixed Fruit

Total Calories = 440 Sugar = 28g Carbs = 57g

Wednesday

Yogurt, String Cheese, WG Soft Pretzel & Banana

Total Calories = 392 Sugar = 24g Carbs = 68g

Thursday

Yogurt, String Cheese, Mini Cinni's, Fresh Fruit Or
Vegetable

Total Calories = 400 Sugar = 24g Carbs = 56g

Friday

Yogurt, String Cheese, Strawberry Chex Mix, Fruit Cup

Total Calories = 339-390g Sugar = 24-37g Carbs 53-65g

*Varies per Fruit Cup Served

Meal Price - \$2.50 (Includes milk choice)
Extra Fruits & Veggies Available for Students