Eating pumpkins is good for you! It contains 9 important nutrients—vitamin C, vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as help lower cholesterol. Have a happy and healthy Holiday Break!

**Menu Subject to Change**

"or:" = an alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.