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					August					September					October				
													1	2	3	4	5	6	7
								11	12	H	6	7	8	9	10	11	12	-	-
					15	16	17	18	-	12	13	14	15	16	17	18	19	20	21
					22	23	24	25	26	19	20	21	22	23	24	25	26	27	28
					29	30	31			26	27	28	29	30	31				
November					December					January					February				
	1	2	3	4				1	2	2	3	4	5	6			1	2	3
7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	6	7	8	9	10
14	15	16	17	18	12	13	14	15	16	H	17	18	19	20	13	14	15	16	17
21	22	-	H	-	-	-	-	-	-	23	24	25	26	27	H	21	22	23	24
28	29	30			-	-	-	-	-	30	31				27	28	29		
March					April					May					June				
			1	2	-	-	-	-	-		1	2	3	-					
5	6	7	8	9	9	10	11	12	13	7	8	9	10	11					
12	13	14	15	-	16	17	18	19	20	14	15	16	17	18					
19	20	21	22	23	23	24	25	26	-	21	-	23	24						
26	27	28	29	30	30														

**Menus are subject to change without notice.**

(g) = grams of carbohydrates (additional nutrition information on FCPS website)

WG = Whole Grain

UG = Ultra (whole) Grain

WW = Whole Wheat