|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **WEEK 1**Monday | K-8 | 9-12 | Tuesday | K-8 | 9-12 | Wednesday | K-8 | 9-12 | Thursday | K-8 | 9-12 | Friday | K-8 | 9-12 |
| Whole Wheat Bagelw/ cream cheeseAssorted CerealAssorted YogurtFresh OrangeAssorted Juice Assorted Milk | 2 oztbls1 bx.4 oz1 ea.4 oz8 oz | 2 oztbls1 bx.4 oz1 ea.4 oz 8 oz | Mini CinniHard Boiled EggBananaAssorted Juice Assorted Milk | 2 oz1 ea1ea.4 oz8 oz | 2 oz2 ea1ea.4 oz8 oz | Blueberry MuffinAssorted YogurtFresh AppleAssorted Juice Assorted Milk | 2 oz4 oz1 ea4 oz8 oz | 2 oz4 oz1 ea4 oz8 oz | Cheerio Break BarHard Boiled EggFresh PearsAssorted Juice Assorted Milk | 1 ea1 ea1 ea4 oz8 oz | 2 ea2 ea1 ea4 oz8 oz | OatmealAssorted CerealAssorted YogurtRaisinsAssorted Juice Assorted Milk | 1 ea1 bx4 oz1 bx4 oz8 oz | 1 ea1 bx4 oz1 bx4 oz8 oz |
| **WEEK 2**Monday | K-8 | 9-12 | Tuesday | K-8 | 9-12 | Wednesday | K-8 | 9-12 | Thursday | K-8 | 9-12 | Friday | K-8 | 9-12 |
| Cherry FrudelAssorted CerealAssorted YogurtFresh OrangeAssorted JuicesAssorted Milk | 2 oz1 bx4 oz1 ea.4 oz8 oz | 2 oz1 bx4 oz1 ea.4 oz8 oz | WG Maple WafflesHard Boiled EggBananaAssorted JuicesAssorted Milk | 1 pk1 ea1 ea4 oz8 oz | 1 pk2 ea1 ea4 oz8 oz | Egg and Ch. WrapAssorted YogurtFresh AppleAssorted JuicesAssorted Milk | 3 oz4 oz1 ea4 oz8 oz | 3 oz4 oz1 ea4 oz8 oz | Apple MuffinHard Boiled EggFresh PearsAssorted JuicesAssorted Milk | 2 oz1 ea1 ea4 oz8 oz | 2 oz2 ea1 ea4 oz8 oz | Cinnamon Bagelful Assorted YogurtRaisinsAssorted JuicesAssorted Milk | 1 ea4 oz1 bx4 oz8 oz | 1 ea4 oz1 bx4 oz8 oz |
| **WEEK 3**Monday | K-8 | 9-12 | Tuesday | K-8 | 9-12 | Wednesday | K-8 | 9-12 | Thursday | K-8 | 9-12 | Friday | K-8 | 9-12 |
| Breakfast BunAssorted YogurtFresh OrangeAssorted Juice Assorted Milk | 3 oz4 oz1 ea. 4 oz8 oz | 3 oz4 oz1 ea.4 oz 8 oz | Strawberry PancakesHard Boiled EggBananaAssorted Juice Assorted Milk | 1 pk1 ea1ea.4 oz8 oz | 1 pk2 ea1ea.4 oz8 oz | Cheddar Ch. OmeletWhole Wheat ToastAssorted YogurtFresh AppleAssorted Juice Assorted Milk | 3 oz1slice4 oz1 ea4 oz8 oz | 3 oz2slice4 oz1 ea4 oz8 oz | English Muffin Apple ButterHard Boiled EggFresh PearAssorted Juice Assorted Milk | 2 oz2tbsp1 ea1 ea4 oz8 oz | 2 oz2tbsp2 ea1 ea4 oz8 oz | Banana MuffinAssorted YogurtRaisinsAssorted Juice Assorted Milk | 2 oz4 oz1 bx4 oz8 oz | 2 oz4 oz1 bx4 oz8 oz |
| **WEEK 4**Monday | K-8 | 9-12 | Tuesday | K-8 | 9-12 | Wednesday | K-8 | 9-12 | Thursday | K-8 | 9-12 | Friday | K-8 | 9-12 |
| Straw. Nutrigrain BarAssorted CerealAssorted YogurtFresh OrangeAssorted Juice Assorted Milk | 1 ea.1 bx.4 oz1 ea.4 oz8 oz | 1 ea.1 bx.4 oz1 ea.4 oz 8 oz | Mini French Toast Hard Boiled EggBananaAssorted Juice Assorted Milk | 3 oz1 ea1 ea4 oz8 oz | 3 oz2 ea1 ea4 oz8 oz | OatmealAssorted YogurtFresh AppleAssorted Juice Assorted Milk | 1 pk4 oz1 ea4 oz8 oz | 1 pk4 oz1 ea4 oz8 oz | Plain OmeletWhole Wheat Toast Fresh PearAssorted Juice Assorted Milk | 3 oz 2slice1 ea4 oz8 oz | 3 oz 2 slic1 ea4 oz8 oz | Cornbread 2 ½ x2Turkey SausageAssorted YogurtRaisinsAssorted Juice Assorted Milk | 2 oz2 oz 4 oz1 bx4 oz8 oz | 2 oz2 oz4 oz1 bx4 oz8 oz |

*The following items are also available as ala-cart*

|  |  |  |
| --- | --- | --- |
| **ALL BREAKFASTS** | **ALL LUNCHES & DINNERS** | **ALL MEALS** |
| 1. Oatmeal - three or four varieties of cold cereal
2. Assorted juices
 | 1. Salad Bar – containing Mixed Greens, tomatoes, onions, green peppers, cucumber, carrots, cheese, peas, hummus, black beans, eggs, sunflower seeds, dried cranberries, 3 bean salad, applesauce, croutons, jello, regular dressing and fat-free dressing
 | 1. 1%, Skim, and FF Chocolate Milk
2. Peanut butter, applesauce, , regular and sugar free jelly
3. Assorted Fresh Fruits and Canned Fruits
 |

ALL THE ABOVE ITEMS ARE OFFERED TO COMPLETE THE APPROPRIATE DIETS FOR WELL-BALANCED MEALS. If there is a question about a student’s diet, please ask for an explanation. The Nutrition Department has folders for each student.

When you make selection of food for the student, please keep in mind the students’ diet. *In accordance with federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*