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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 Bagel  w/ cream cheese  Assorted Cereal  Assorted Yogurt  Fresh Orange  Assorted Juice  Assorted Milk | 2 oz  tbls  1 bx.  4 oz  1 ea.  4 oz  8 oz | 2 oz  tbls  1 bx.  4 oz  1 ea.  4 oz  8 oz | Mini Cinni  Hard Boiled Egg  Banana  Assorted Juice  Assorted Milk | 2 oz  1 ea  1ea.  4 oz  8 oz | 2 oz  2 ea  1ea.  4 oz  8 oz | Blueberry Muffin  Assorted Yogurt  Fresh Apple  Assorted Juice  Assorted Milk | 2 oz  4 oz  1 ea  4 oz  8 oz | 2 oz  4 oz  1 ea  4 oz  8 oz | Cheerio Break Bar  Hard Boiled Egg  Fresh Pears  Assorted Juice  Assorted Milk | 1 ea  1 ea  1 ea  4 oz  8 oz | 2 ea  2 ea  1 ea  4 oz  8 oz | Oatmeal  Assorted Cereal  Assorted Yogurt  Raisins  Assorted Juice  Assorted Milk | 1 ea  1 bx  4 oz  1 bx  4 oz  8 oz | 1 ea  1 bx  4 oz  1 bx  4 oz  8 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 Frudel  Assorted Cereal  Assorted Yogurt  Fresh Orange  Assorted Juices  Assorted Milk | 2 oz  1 bx  4 oz  1 ea.  4 oz  8 oz | 2 oz  1 bx  4 oz  1 ea.  4 oz  8 oz | WG Maple Waffles  Hard Boiled Egg  Banana  Assorted Juices  Assorted Milk | 1 pk  1 ea  1 ea  4 oz  8 oz | 1 pk  2 ea  1 ea  4 oz  8 oz | Egg and Ch. Wrap  Assorted Yogurt  Fresh Apple  Assorted Juices  Assorted Milk | 3 oz  4 oz  1 ea  4 oz  8 oz | 3 oz  4 oz  1 ea  4 oz  8 oz | Apple Muffin  Hard Boiled Egg  Fresh Pears  Assorted Juices  Assorted Milk | 2 oz  1 ea  1 ea  4 oz  8 oz | 2 oz  2 ea  1 ea  4 oz  8 oz | Cinnamon Bagelful  Assorted Yogurt  Raisins  Assorted Juices  Assorted Milk | 1 ea  4 oz  1 bx  4 oz  8 oz | 1 ea  4 oz  1 bx  4 oz  8 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 Bun  Assorted Yogurt  Fresh Orange  Assorted Juice  Assorted Milk | 3 oz  4 oz  1 ea.  4 oz  8 oz | 3 oz  4 oz  1 ea.  4 oz  8 oz | Strawberry Pancakes  Hard Boiled Egg  Banana  Assorted Juice  Assorted Milk | 1 pk  1 ea  1ea.  4 oz  8 oz | 1 pk  2 ea  1ea.  4 oz  8 oz | Cheddar Ch. Omelet  Whole Wheat Toast  Assorted Yogurt  Fresh Apple  Assorted Juice  Assorted Milk | 3 oz  1slice  4 oz  1 ea  4 oz  8 oz | 3 oz  2slice  4 oz  1 ea  4 oz  8 oz | English Muffin  Apple Butter  Hard Boiled Egg  Fresh Pear  Assorted Juice  Assorted Milk | 2 oz  2tbsp  1 ea  1 ea  4 oz  8 oz | 2 oz  2tbsp  2 ea  1 ea  4 oz  8 oz | Banana Muffin  Assorted Yogurt  Raisins  Assorted Juice  Assorted Milk | 2 oz  4 oz  1 bx  4 oz  8 oz | 2 oz  4 oz  1 bx  4 oz  8 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 Bar  Assorted Cereal  Assorted Yogurt  Fresh Orange  Assorted Juice  Assorted Milk | 1 ea.  1 bx.  4 oz  1 ea.  4 oz  8 oz | 1 ea.  1 bx.  4 oz  1 ea.  4 oz  8 oz | Mini French Toast  Hard Boiled Egg  Banana  Assorted Juice  Assorted Milk | 3 oz  1 ea  1 ea  4 oz  8 oz | 3 oz  2 ea  1 ea  4 oz  8 oz | Oatmeal  Assorted Yogurt  Fresh Apple  Assorted Juice  Assorted Milk | 1 pk  4 oz  1 ea  4 oz  8 oz | 1 pk  4 oz  1 ea  4 oz  8 oz | Plain Omelet  Whole Wheat Toast Fresh Pear  Assorted Juice  Assorted Milk | 3 oz 2slice  1 ea  4 oz  8 oz | 3 oz 2 slic  1 ea  4 oz  8 oz | Cornbread 2 ½ x2  Turkey Sausage  Assorted Yogurt  Raisins  Assorted Juice  Assorted Milk | 2 oz  2 oz  4 oz  1 bx  4 oz  8 oz | 2 oz  2 oz  4 oz  1 bx  4 oz  8 oz |

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

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| **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.*