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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 |
| Blueberry Muffin Assorted 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 | Whole Wheat Bagelw/Cream CheeseAssorted YogurtFresh AppleAssorted Juice Assorted Milk | 2 oz4 oz1 ea4 oz8 oz | 2 oz4 oz1 ea4 oz8 oz | Whole Wheat ToastHard Boiled EggPearsAssorted Juice Assorted Milk | 1slice1 ea1 ea4 oz8 oz | 2slice2 ea1 ea4 oz8 oz | OatmealAssorted CerealAssorted YogurtFruit CocktailAssorted Juice Assorted Milk | 1 ea1 bx4 oz4 oz4 oz8 oz | 1 ea1 bx4 oz4 oz4 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 EggPearsAssorted 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 |
| Cinnamon RollAssorted YogurtFresh OrangeAssorted Juice Assorted Milk | 2.8oz4 oz1 ea. 4 oz8 oz | 2.8oz4 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 EggPearsAssorted 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**MondayStraw. Nutrigrain BarAssorted Cereal Assorted YogurtFresh Orange Assorted JuiceAssorted Milk  | K-81 ea.1 bx.4 oz.1 ea.4 oz.8 oz.  | 9-121 ea.1 bx.4 oz.1 ea.4 oz.8 oz.  | TuesdayBreakfast BunHard Boiled EggBananaAssorted JuiceAssorted Milk | K-83oz1ea1ea4oz8oz | 9-123oz2ea1ea4oz8oz | WednesdayOatmealAssorted YogurtOrange MuffinFruit CocktailAssorted JuiceAssorted Milk | K-81 pk.4 oz2 oz4 oz4 oz8 oz | 9-121 pk.4 oz2 oz4 oz4 oz8 oz | ThursdayPlain OmeletWhole Wheat Tst.PearsAssorted JuiceAssorted Milk | K-83 oz.2slice1 ea.4 oz.8 oz. | 9-123 oz2slice1 ea.4 oz.8 oz. | FridayWG English MuffinTurkey SausageAssorted YogurtRaisinsAssorted JuiceAssorted Milk | K-81ea2oz4oz1bx4oz8oz | 9-121ea2oz4oz1bx4oz8oz |

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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, hummus, regular dressing and fat-free dressing
 | 1. 1% Milk, Skim Milk, and 1% Chocolate Milk
2. Assorted Fresh Fruits
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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.*