

**BREAKFAST**

**2020/2021**

<b>WEEK 1</b>														
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	2 oz 1tbls	2 oz 1tbls	Mini Cinni Hard Boiled Egg	2 oz 1 ea	2 oz 1 ea	Belvita Oat Biscuit Fat Free Yogurt	1.76oz 4 oz	1.76oz 4 oz	Cinn. Tst. Crunch Bar	1 ea	1 ea	Banana Muffin Raisins	2 oz 1 pk	2 oz 1 pk
Fat Free Yogurt	4 oz	4 oz	Diced Peaches	4 oz	4 oz	Fresh Grapes	4 oz	4 oz	Hard Boiled Egg	1ea	1 ea	Assorted Juice	4.23oz	4.23oz
Apple Slices	4 oz	4 oz	Assorted Juice	4.23oz	4.23oz	Assorted Juice	4.23oz	4.23oz	Applesauce	4 oz	4 oz	Assorted Milk	8 oz	8 oz
Assorted Juice	4.23oz	4.23oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Juice	4.23oz	4.23oz			
Assorted Milk	8 oz	8 oz							Assorted Milk	8 oz	8 oz			
<b>WEEK 2</b>														
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	2 oz	2 oz	WG Maple Waffles	1 pk	1 pk	Breakfast Bun Fat Free Yogurt	3 oz 4 oz	3 oz 4 oz	Turkey Ham & Chs. Sandwich	1 ea	1 ea	Cinnamon Bagelful	2.5oz	2.5oz
Fat Free Yogurt	4 oz	4 oz	Hard Boiled Egg	1 ea	1 ea	Fresh Grapes	4 oz	4 oz	Hard Boiled Egg	1 ea	1 ea	Raisins	1 pk	1 pk
Apple Slices	4 oz	4 oz	Diced Pears	4 oz	4 oz	Assorted Juices	4.23oz	4.23oz	Applesauce	4 oz	4 oz	Assorted Juices	4.23oz	4.23oz
Assorted Juices	4.23oz	4.23oz	Assorted Juices	4.23oz	4.23oz	Assorted Milk	8 oz	8 oz	Assorted Juices	4.23oz	4.23oz	Assorted Milk	8 oz	8 oz
Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz				Assorted Milk	8 oz	8 oz			
<b>WEEK 3</b>														
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 Roll	2.8oz	2.8oz	Belvita Blueberry	1.76oz	1.76oz	Choc. Chip. Muffin	2 oz	2 oz	Cinn. Raisin Bagel w/ Cream Cheese	2.2oz	2.2oz	Apple Bfast Bites	2.7oz	2.7oz
Fat Free Yogurt	4 oz	4 oz	Hard Boiled Egg	1 ea	3 oz	Fat Free Yogurt	4 oz	4 oz	Hard Boiled Egg	1tblsp	1tblsp	Raisins	1 pk	1 pk
Apple Slices	4 oz	4 oz	Diced Peaches	4 oz	4 oz	Fresh Grapes	4 oz	4 oz	Hard Boiled Egg	1 ea	1 ea	Assorted Juice	4.23oz	4.23oz
Assorted Juice	4.23oz	4.23oz	Assorted Juice	4.23oz	4.23oz	Assorted Juice	4.23oz	4.23oz	Applesauce	4 oz	4 oz	Assorted Milk	8 oz	8 oz
Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Juice	4.23oz	4.23oz			
									Assorted Milk	8 oz	8 oz			
<b>WEEK 4</b>														
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	1 ea.	1 ea.	Breakfast Bun Hard Boiled Egg	3 oz 1 ea	3 oz 1 ea	Apple Muffin Fat Free Yogurt	2 oz 4 oz	2 oz 4 oz	Orange Muffin Hard Boiled Egg	2 oz 1 ea	2 oz 1 ea	Belvita Cinnamon Brown Sugar	1.76oz	1.76oz
Fat Free Yogurt	4 oz	4 oz	Diced Pears	4 oz	4 oz	Fresh Grapes	4 oz	4 oz	Applesauce	4 oz	4 oz	Raisins	1 pk	1 pk
Apple Slices	4 oz	4 oz	Assorted Juice	4.23oz	4.23oz	Assorted Juice	4.23oz	4.23oz	Assorted Juice	4.23oz	4.23oz	Assorted Juice	4.23oz	4.23oz
Assorted Juice	4.23oz	4.23oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz
Assorted Milk	8 oz	8 oz												

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

**ALL BREAKFASTS**

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**ALL LUNCHES**

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**ALL BREAKFASTS AND LUNCHES**

- 1%, Skim, and FF Chocolate Milk
- Assorted Fresh 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..

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.