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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  Cream cheese  Fat Free Yogurt  Diced Peaches  Assorted Juice  Assorted Milk | 2 oz  1tbls  4 oz  4 oz  4.23oz  8 oz | 2 oz  1tbls  4 oz  4 oz  4.23oz  8 oz | Pumpkin Bread  Hard Boiled Egg  Apple Slices  Assorted Juice  Assorted Milk | 3.4 oz  1 ea  ½ cup  4.23oz  8 oz | 3.4 oz  1 ea  ½ cup  4.23oz  8 oz | Cinnamon Belvita  Fat Free Yogurt  Fresh Grapes  Assorted Juice  Assorted Milk | 1.76oz.  4 oz  4 oz  4.23oz  8 oz | 1.76oz.  4 oz  4 oz  4.23oz  8 oz | Zucchini Bread  Hard Boiled Egg  Applesauce  Assorted Juice  Assorted Milk | 3.4 oz  1ea  4 oz  4.23oz  8 oz | 3.4 oz  1 ea  4 oz  4.23oz  8 oz | Apple Flip  Raisins  Assorted Juice  Assorted Milk | 3.2 oz  1 pk  4.23oz  8 oz | 3.2 oz  1 pk  4.23oz  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 |
| Cinn. Raisin Bagel  Cream Cheese  Fat Free Yogurt  Diced Pears  Assorted Juices  Assorted Milk | 2.2 oz  1 tbls  4 oz  4 oz  4.23oz  8 oz | 2.2 oz  1 tbls  4 oz  4 oz  4.23oz  8 oz | Blueberry Belvita  Hard Boiled Egg  Apple Slices  Assorted Juices  Assorted Milk | 1.76oz  1 ea  ½ cup  4.23oz  8 oz | 1.76oz  1 ea  ½ cup  4.23oz  8 oz | Choc. Chip Loaf  Fat Free Yogurt  Fresh Grapes  Assorted Juices  Assorted Milk | 3 oz.  4 oz  4 oz  4.23oz  8 oz | 3 oz.  4 oz  4 oz  4.23oz  8 oz | Turkey Ham & Chs. Sandwich  Hard Boiled Egg  Applesauce  Assorted Juices  Assorted Milk | 1 ea  1 ea  4 oz  4.23oz  8 oz | 1 ea  1 ea  4 oz  4.23oz  8 oz | Blueberry Loaf  Raisins  Assorted Juices  Assorted Milk | 2 oz.  1 pk  4.23oz  8 oz | 2 oz.  1 pk  4.23oz  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 |
| Whole Wheat Bagel  Cream Cheese  Fat Free Yogurt  Diced Peaches  Assorted Juice  Assorted Milk | 2 oz  1tbls  4 oz  4 oz  4.23oz  8 oz | 2 oz.  1tbls  4 oz.  4 oz  4.23oz  8 oz | Cinnamon Belvita  Hard Boiled Egg  Apple Slices  Assorted Juice  Assorted Milk | 1.76oz  1 ea  ½ cup  4.23oz  8 oz | 1.76oz  3 oz  ½ cup  4.23oz  8 oz | Choc. Choc. Chip. Muffin  Fat Free Yogurt  Fresh Grapes  Assorted Juice  Assorted Milk | 2 oz  4 oz  4 oz  4.23oz  8 oz | 2 oz  4 oz  4 oz  4.23oz  8 oz | Zucchini Bread  Hard Boiled Egg  Applesauce  Assorted Juice  Assorted Milk | 3.4 oz  1 ea  4 oz  4.23oz  8 oz | 3.4 oz  1 ea  4 oz  4.23oz  8 oz | Cornbread Loaf  Raisins  Assorted Juice  Assorted Milk | 2 oz  1 pk  4.23oz  8 oz | 2 oz  1 pk  4.23oz  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 |
| Cinn. Raisin Bagel  Cream Cheese  Fat Free Yogurt  Diced Pears  Assorted Juice  Assorted Milk | 2.2 oz.  1 tbls  4 oz  4 oz  4.23oz  8 oz | 2.2 oz.  1 tbls  4 oz  4 oz  4.23oz  8 oz | Banana Bread  Hard Boiled Egg  Apple Slices  Assorted Juice  Assorted Milk | 3.4 oz  1 ea  ½ cup  4.23oz  8 oz | 3.4 oz  1 ea  ½ cup  4.23oz  8 oz | Apple Muffin  Fat Free Yogurt  Fresh Grapes  Assorted Juice  Assorted Milk | 2 oz  4 oz  4 oz  4.23oz  8 oz | 2 oz  4 oz  4 oz  4.23oz  8 oz | Blueberry Belvita  Hard Boiled Egg  Applesauce  Assorted Juice  Assorted Milk | 1.76oz.  1 ea  4 oz  4.23oz  8 oz | 1.76oz.  1 ea  4 oz  4.23oz  8 oz | Cinnamon Roll  Raisins  Assorted Juice  Assorted Milk | 2.7 oz.  1 pk  4.23oz  8 oz | 2.7 oz.  1 pk  4.23oz  8 oz |

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

|  |  |  |
| --- | --- | --- |
| **ALL BREAKFASTS** | **ALL LUNCHES** | **ALL BREAKFASTS AND LUNCHES** |
|  |  | 1. 1%, Skim, and FF Chocolate Milk 2. 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.*