|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 BagelCream cheeseFat Free YogurtDiced Peaches Assorted Juice Assorted Milk | 2 oz1tbls4 oz4 oz4.23oz8 oz | 2 oz1tbls4 oz4 oz4.23oz 8 oz | Pumpkin BreadHard Boiled EggApple Slices Assorted Juice Assorted Milk | 3.4 oz1 ea½ cup 4.23oz8 oz | 3.4 oz 1 ea½ cup 4.23oz8 oz | Cinnamon BelvitaFat Free YogurtFresh GrapesAssorted Juice Assorted Milk | 1.76oz. 4 oz4 oz4.23oz8 oz | 1.76oz. 4 oz4 oz4.23oz8 oz | Zucchini Bread Hard Boiled EggApplesauceAssorted Juice Assorted Milk | 3.4 oz1ea4 oz4.23oz8 oz | 3.4 oz1 ea4 oz4.23oz8 oz | Apple Flip Raisins Assorted Juice Assorted Milk | 3.2 oz1 pk4.23oz8 oz | 3.2 oz1 pk4.23oz8 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 BagelCream CheeseFat Free YogurtDiced Pears Assorted JuicesAssorted Milk | 2.2 oz 1 tbls4 oz4 oz4.23oz8 oz | 2.2 oz1 tbls4 oz4 oz4.23oz8 oz | Blueberry BelvitaHard Boiled EggApple SlicesAssorted JuicesAssorted Milk | 1.76oz 1 ea½ cup 4.23oz8 oz | 1.76oz 1 ea½ cup 4.23oz8 oz | Choc. Chip Loaf Fat Free Yogurt Fresh GrapesAssorted JuicesAssorted Milk | 3 oz. 4 oz4 oz4.23oz8 oz | 3 oz. 4 oz4 oz4.23oz8 oz | Turkey Ham & Chs. SandwichHard Boiled EggApplesauceAssorted JuicesAssorted Milk | 1 ea1 ea4 oz4.23oz8 oz | 1 ea1 ea4 oz4.23oz8 oz | Blueberry Loaf RaisinsAssorted JuicesAssorted Milk | 2 oz. 1 pk4.23oz8 oz | 2 oz. 1 pk4.23oz8 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 BagelCream Cheese Fat Free YogurtDiced Peaches Assorted Juice Assorted Milk | 2 oz1tbls4 oz4 oz4.23oz8 oz | 2 oz.1tbls 4 oz. 4 oz4.23oz 8 oz | Cinnamon BelvitaHard Boiled Egg Apple Slices Assorted Juice Assorted Milk | 1.76oz 1 ea½ cup 4.23oz8 oz | 1.76oz 3 oz½ cup 4.23oz8 oz | Choc. Choc. Chip. MuffinFat Free YogurtFresh GrapesAssorted Juice Assorted Milk | 2 oz4 oz4 oz4.23oz8 oz | 2 oz4 oz4 oz4.23oz8 oz | Zucchini Bread Hard Boiled Egg ApplesauceAssorted Juice Assorted Milk | 3.4 oz 1 ea4 oz4.23oz8 oz | 3.4 oz 1 ea4 oz4.23oz8 oz | Cornbread Loaf Raisins Assorted Juice Assorted Milk | 2 oz1 pk4.23oz8 oz | 2 oz1 pk4.23oz8 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 CheeseFat Free YogurtDiced Pears Assorted Juice Assorted Milk | 2.2 oz. 1 tbls4 oz4 oz4.23oz8 oz | 2.2 oz. 1 tbls 4 oz4 oz4.23oz 8 oz | Banana Bread Hard Boiled EggApple Slices Assorted Juice Assorted Milk | 3.4 oz 1 ea½ cup 4.23oz8 oz | 3.4 oz 1 ea½ cup 4.23oz8 oz | Apple MuffinFat Free YogurtFresh GrapesAssorted Juice Assorted Milk | 2 oz4 oz4 oz 4.23oz8 oz | 2 oz4 oz4 oz4.23oz8 oz | Blueberry Belvita Hard Boiled EggApplesauceAssorted Juice Assorted Milk | 1.76oz. 1 ea4 oz4.23oz8 oz | 1.76oz. 1 ea4 oz4.23oz8 oz | Cinnamon Roll Raisins Assorted Juice Assorted Milk | 2.7 oz. 1 pk4.23oz8 oz | 2.7 oz. 1 pk4.23oz8 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.*