

**BREAKFAST**

**Fall 2022**

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