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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 |
| Banana BreadFat Free YogurtDiced Peaches Assorted Juice Assorted Milk | 3.4 oz4 oz4 oz4.23oz8 oz | 3.4 oz4 oz4 oz4.23oz 8 oz | Honey Nut Cheerios / GFHard Boiled EggApple SauceAssorted Juice Assorted Milk | 2 oz1 ea4 oz 4.23oz8 oz | 2 oz 1 ea4 oz4.23oz8 oz | Brown Sugar OatmealFat Free YogurtFresh BananaAssorted Juice Assorted Milk | ¾ Cup4 oz4 oz4.23oz8 oz | ¾ Cup 4 oz4 oz4.23oz8 oz | Whole Wheat. Bagel Scramble EggsApple SlicesAssorted Juice Assorted Milk | 2 oz3 oz½ cup4.23oz8 oz | 2 oz3 oz½ cup4.23oz8 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 |
| Whole Wheat BagelCream CheeseFat Free YogurtDiced Pears Assorted JuicesAssorted Milk | 2 oz 1 tbls4 oz4 oz4.23oz8 oz | 2 oz1 tbls4 oz4 oz4.23oz8 oz | Cinnamon Chex Cereal/GF Hard Boiled EggApple SauceAssorted JuicesAssorted Milk | 2 oz 1 ea4 oz. 4.23oz8 oz | 2 oz 1 ea4 oz. 4.23oz8 oz | Choc. Chip Loaf Fat Free Yogurt Fresh BananaAssorted JuicesAssorted Milk | 3 oz. 4 oz4 oz4.23oz8 oz | 3 oz. 4 oz4 oz4.23oz8 oz | Turkey Sausage, Egg, on Croissant.Apple SlicesAssorted JuicesAssorted Milk | 1 ea½ cup4.23oz8 oz | 1 ea½ cup4.23oz8 oz | Cinnamon Roll RaisinsAssorted JuicesAssorted Milk | 2.7 oz. 1 pk4.23oz8 oz | 2.7 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 |
| Pumpkin Bread Fat Free YogurtDiced Peaches Assorted Juice Assorted Milk | 3.4 oz4 oz4 oz4.23oz8 oz | 3.4 oz.4 oz. 4 oz4.23oz 8 oz | Lucky Charms/GFHard Boiled Egg Apple SauceAssorted Juice Assorted Milk | 2 oz.1 ea4 oz. 4.23oz8 oz | 2 oz. 3 oz4 oz. 4.23oz8 oz | Brown Sugar Oatmeal Fat Free YogurtFresh BananaAssorted Juice Assorted Milk | ¾ Cup4 oz4 oz4.23oz8 oz | ¾ Cup 4 oz4 oz4.23oz8 oz | Whole Wheat Bagel Scramble Eggs Apple SlicesAssorted Juice Assorted Milk | 2 oz 3 oz½ cup4.23oz8 oz | 2 oz 3 oz½ cup4.23oz8 oz | Apple Flip Raisins Assorted Juice Assorted Milk | 3.2 oz1 pk4.23oz8 oz | 3.2 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 | Blueberry Chex Cereal/GFHard Boiled EggApple SauceAssorted Juice Assorted Milk | 2 oz 1 ea4 oz. 4.23oz8 oz | 2 oz 1 ea4 oz. 4.23oz8 oz | Cornbread LoafFat Free YogurtFresh BananaAssorted Juice Assorted Milk | 2 oz. 4 oz4 oz 4.23oz8 oz | 2 oz. 4 oz4 oz4.23oz8 oz | Turkey Sausage, Egg, on BiscuitApple SlicesAssorted Juice Assorted Milk | 1 ea½ cup4.23oz8 oz | 1 ea½ cup4.23oz8 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.

This institution is an equal opportunity provider./Esta institucion es un proveedor que brinda igualdad de oportunidades.