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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 Bread  Fat Free Yogurt  Diced Peaches  Assorted Juice  Assorted Milk | 3.4 oz  4 oz  4 oz  4.23oz  8 oz | 3.4 oz  4 oz  4 oz  4.23oz  8 oz | Honey Nut Cheerios / GF  Hard Boiled Egg  Apple Sauce  Assorted Juice  Assorted Milk | 2 oz  1 ea  4 oz  4.23oz  8 oz | 2 oz  1 ea  4 oz  4.23oz  8 oz | Brown Sugar Oatmeal  Fat Free Yogurt  Fresh Banana  Assorted Juice  Assorted Milk | ¾ Cup  4 oz  4 oz  4.23oz  8 oz | ¾ Cup  4 oz  4 oz  4.23oz  8 oz | Whole Wheat. Bagel  Scramble Eggs  Apple Slices  Assorted Juice  Assorted Milk | 2 oz  3 oz  ½ cup  4.23oz  8 oz | 2 oz  3 oz  ½ cup  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 |
| Whole Wheat Bagel  Cream Cheese  Fat Free Yogurt  Diced Pears  Assorted Juices  Assorted Milk | 2 oz  1 tbls  4 oz  4 oz  4.23oz  8 oz | 2 oz  1 tbls  4 oz  4 oz  4.23oz  8 oz | Cinnamon Chex Cereal/GF  Hard Boiled Egg  Apple Sauce  Assorted Juices  Assorted Milk | 2 oz  1 ea  4 oz.  4.23oz  8 oz | 2 oz  1 ea  4 oz.  4.23oz  8 oz | Choc. Chip Loaf  Fat Free Yogurt  Fresh Banana  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 Sausage, Egg, on Croissant.  Apple Slices  Assorted Juices  Assorted Milk | 1 ea  ½ cup  4.23oz  8 oz | 1 ea  ½ cup  4.23oz  8 oz | Cinnamon Roll  Raisins  Assorted Juices  Assorted Milk | 2.7 oz.  1 pk  4.23oz  8 oz | 2.7 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 |
| Pumpkin Bread  Fat Free Yogurt  Diced Peaches  Assorted Juice  Assorted Milk | 3.4 oz  4 oz  4 oz  4.23oz  8 oz | 3.4 oz.  4 oz.  4 oz  4.23oz  8 oz | Lucky Charms/GF  Hard Boiled Egg  Apple Sauce  Assorted Juice  Assorted Milk | 2 oz.  1 ea  4 oz.  4.23oz  8 oz | 2 oz.  3 oz  4 oz.  4.23oz  8 oz | Brown Sugar Oatmeal  Fat Free Yogurt  Fresh Banana  Assorted Juice  Assorted Milk | ¾ Cup  4 oz  4 oz  4.23oz  8 oz | ¾ Cup  4 oz  4 oz  4.23oz  8 oz | Whole Wheat Bagel  Scramble Eggs  Apple Slices  Assorted Juice  Assorted Milk | 2 oz  3 oz  ½ cup  4.23oz  8 oz | 2 oz  3 oz  ½ cup  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 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 | Blueberry Chex Cereal/GF  Hard Boiled Egg  Apple Sauce  Assorted Juice  Assorted Milk | 2 oz  1 ea  4 oz.  4.23oz  8 oz | 2 oz  1 ea  4 oz.  4.23oz  8 oz | Cornbread Loaf  Fat Free Yogurt  Fresh Banana  Assorted Juice  Assorted Milk | 2 oz.  4 oz  4 oz  4.23oz  8 oz | 2 oz.  4 oz  4 oz  4.23oz  8 oz | Turkey Sausage, Egg, on Biscuit  Apple Slices  Assorted Juice  Assorted Milk | 1 ea  ½ cup  4.23oz  8 oz | 1 ea  ½ cup  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.

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