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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 Muffin  Fat Free Yogurt  Diced Peaches  Assorted Juice  Assorted Milk | 1 ea.  4 oz.  4 oz.  4.23oz  8 oz | 1 ea.  4 oz.  4 oz.  4.23oz  8 oz. | Honey Nut Cheerios / GF  Hard Boiled Egg  Apple Sauce  Assorted Juice  Assorted Milk | 1 ea.  1 ea.  4 oz.  4.23oz  8 oz. | 1 ea.  1 ea.  4 oz.  4.23oz  8 oz. | Brown Sugar  Cinnamon Oatmeal  Fat Free Yogurt  Fresh Banana  Assorted Juice  Assorted Milk | 1 Cup  4 oz.  1 ea.  4.23oz  8 oz. | 1 Cup  4 oz.  1 ea.  4.23oz  8 oz. | WW Wheat Bagel  Scramble Eggs  Apple Slices  Assorted Juice  Assorted Milk | 1 ea.  3.5 oz.  1 pk.  4.23oz  8 oz. | 1 ea.  3.5 oz.  1 pk.  4.23oz  8 oz. | Golden Graham Bar  Raisins  Assorted Juice  Assorted Milk | 1 ea.  1 pk.  4.23oz  8 oz. | 1 ea.  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  Fat Free Yogurt  Diced Pears  Assorted Juices  Assorted Milk | 1 ea.  4 oz.  4 oz.  4.23oz  8 oz. | 1 ea.  4 oz.  4 oz.  4.23oz  8 oz. | Cinnamon Chex Cereal/GF  Hard Boiled Egg  Apple Sauce  Assorted Juices  Assorted Milk | 1 ea.  1 ea.  4 oz.  4.23oz  8 oz. | 1 ea.  1 ea.  4 oz.  4.23oz  8 oz. | Choc. Chip Muffin  Fat Free Yogurt  Fresh Banana  Assorted Juices  Assorted Milk | 1 ea.  4 oz.  1 ea.  4.23oz  8 oz. | 1 ea.  4 oz.  1 ea.  4.23oz  8 oz. | Turkey Sausage, Egg, on Croissant.  Apple Slices  Assorted Juices  Assorted Milk | 1 ea.  1 pk.  4.23oz  8 oz. | 1 ea.  1 pk.  4.23oz  8 oz. | Cinnamon Toast  Crunch Bar  Raisins  Assorted Juices  Assorted Milk | 1 ea.  1 pk.  4.23oz  8 oz. | 1 ea.  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 |
| Apple Muffin  Fat Free Yogurt  Diced Peaches  Assorted Juice  Assorted Milk | 1 ea.  4 oz.  4 oz.  4.23oz  8 oz. | 1 ea.  4 oz.  4 oz.  4.23oz  8 oz. | Lucky Charms/GF  Hard Boiled Egg  Apple Sauce  Assorted Juice  Assorted Milk | 1 ea.  1 ea.  4 oz.  4.23oz  8 oz. | 1 ea.  1 ea.  4 oz.  4.23oz  8 oz. | Brown Sugar Cinnamon Oatmeal  Fat Free Yogurt  Fresh Banana  Assorted Juice  Assorted Milk | 1 Cup  4 oz.  1 ea.  4.23oz  8 oz. | 1 Cup  4 oz.  1 ea.  4.23oz  8 oz. | WW English Muffin  Scramble Eggs  Apple Slices  Assorted Juice  Assorted Milk | 1 ea.  3.5 oz.  1 pk.  4.23oz  8 oz. | 1 ea.  3.5 oz.  1 pk.  4.23oz  8 oz. | Cocoa Puffs Bar  Raisins  Assorted Juice  Assorted Milk | 1 ea.  1 pk.  4.23oz  8 oz. | 1 ea.  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  Fat Free Yogurt  Diced Pears  Assorted Juice  Assorted Milk | 1 ea.  4 oz.  4 oz.  4.23oz  8 oz. | 1 ea.  4 oz.  4 oz.  4.23oz  8 oz. | Blueberry Chex Cereal/GF  Hard Boiled Egg  Apple Sauce  Assorted Juice  Assorted Milk | 1 ea.  1 ea.  4 oz.  4.23oz  8 oz | 1 ea.  1 ea.  4 oz.  4.23oz  8 oz | Cornbread Loaf  Fat Free Yogurt  Fresh Banana  Assorted Juice  Assorted Milk | 1 ea.  4 oz.  1 ea.  4.23oz  8 oz. | 1 ea.  4 oz.  1 ea.  4.23oz  8 oz. | Turkey Sausage, Egg, on Biscuit  Apple Slices  Assorted Juice  Assorted Milk | 1 ea.  1 pk.  4.23oz  8 oz. | 1 ea.  1 pk.  4.23oz  8 oz. | Cheerios Bar  Raisins  Assorted Juice  Assorted Milk | 1 ea.  1 pk.  4.23oz  8 oz. | 1 ea.  1 pk.  4.23oz  8 oz. |

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

|  |  |  |
| --- | --- | --- |
| **ALL BREAKFASTS** | **ALL LUNCHES** | **ALL BREAKFASTS AND LUNCHES** |
|  | * 1% Unflavored, and FF Flavored Milk  1. 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.