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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 MuffinFat Free YogurtDiced Peaches Assorted Juice Assorted Milk | 1 ea.4 oz.4 oz.4.23oz8 oz | 1 ea. 4 oz.4 oz.4.23oz 8 oz. | Honey Nut Cheerios / GFHard Boiled EggApple SauceAssorted Juice Assorted Milk | 1 ea. 1 ea.4 oz. 4.23oz8 oz. | 1 ea. 1 ea.4 oz.4.23oz8 oz. | Brown SugarCinnamon OatmealFat Free YogurtFresh BananaAssorted Juice Assorted Milk | 1 Cup4 oz.1 ea. 4.23oz8 oz. | 1 Cup 4 oz.1 ea. 4.23oz8 oz. | WW Wheat Bagel Scramble EggsApple SlicesAssorted Juice Assorted Milk | 1 ea. 3.5 oz.1 pk.4.23oz8 oz. | 1 ea. 3.5 oz.1 pk.4.23oz8 oz. | Golden Graham BarRaisins Assorted Juice Assorted Milk | 1 ea.1 pk.4.23oz8 oz. | 1 ea.1 pk.4.23oz8 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 BagelFat Free YogurtDiced Pears Assorted JuicesAssorted Milk | 1 ea.4 oz.4 oz.4.23oz8 oz. | 1 ea. 4 oz.4 oz.4.23oz8 oz. | Cinnamon Chex Cereal/GF Hard Boiled EggApple SauceAssorted JuicesAssorted Milk | 1 ea.1 ea.4 oz. 4.23oz8 oz. | 1 ea. 1 ea.4 oz. 4.23oz8 oz. | Choc. Chip Muffin Fat Free Yogurt Fresh BananaAssorted JuicesAssorted Milk | 1 ea. 4 oz.1 ea. 4.23oz8 oz. | 1 ea. 4 oz.1 ea. 4.23oz8 oz. | Turkey Sausage, Egg, on Croissant.Apple SlicesAssorted JuicesAssorted Milk | 1 ea.1 pk. 4.23oz8 oz. | 1 ea.1 pk. 4.23oz8 oz. | Cinnamon Toast Crunch Bar RaisinsAssorted JuicesAssorted Milk | 1 ea. 1 pk.4.23oz8 oz. | 1 ea. 1 pk.4.23oz8 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 |
| Apple MuffinFat Free YogurtDiced Peaches Assorted Juice Assorted Milk | 1 ea.4 oz.4 oz.4.23oz8 oz. | 1 ea.4 oz. 4 oz.4.23oz 8 oz. | Lucky Charms/GFHard Boiled Egg Apple SauceAssorted Juice Assorted Milk | 1 ea.1 ea.4 oz. 4.23oz8 oz. | 1 ea. 1 ea.4 oz. 4.23oz8 oz. | Brown Sugar Cinnamon Oatmeal Fat Free YogurtFresh BananaAssorted Juice Assorted Milk | 1 Cup4 oz.1 ea. 4.23oz8 oz. | 1 Cup 4 oz.1 ea. 4.23oz8 oz. | WW English MuffinScramble Eggs Apple SlicesAssorted Juice Assorted Milk | 1 ea. 3.5 oz.1 pk. 4.23oz8 oz. | 1 ea. 3.5 oz.1 pk. 4.23oz8 oz. | Cocoa Puffs BarRaisins Assorted Juice Assorted Milk | 1 ea.1 pk.4.23oz8 oz. | 1 ea.1 pk.4.23oz8 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 Fat Free YogurtDiced Pears Assorted Juice Assorted Milk | 1 ea. 4 oz.4 oz.4.23oz8 oz. | 1 ea. 4 oz.4 oz.4.23oz 8 oz. | Blueberry Chex Cereal/GFHard Boiled EggApple SauceAssorted Juice Assorted Milk | 1 ea. 1 ea.4 oz. 4.23oz8 oz | 1 ea. 1 ea.4 oz. 4.23oz8 oz | Cornbread LoafFat Free YogurtFresh BananaAssorted Juice Assorted Milk | 1 ea. 4 oz.1 ea. 4.23oz8 oz. | 1 ea. 4 oz.1 ea. 4.23oz8 oz. | Turkey Sausage, Egg, on BiscuitApple SlicesAssorted Juice Assorted Milk | 1 ea.1 pk. 4.23oz8 oz. | 1 ea.1 pk. 4.23oz8 oz. | Cheerios BarRaisins Assorted Juice Assorted Milk | 1 ea. 1 pk.4.23oz8 oz. | 1 ea. 1 pk.4.23oz8 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.