



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Cheese Sandwich Amazing Raisins Apple Juice	2 Mini Cinnis String Cheese Oranges Apple Juice	3 Mini Blueberry Waffles Bananas Apple Juice
6	7 Cereal Bar String Cheese Apple Juice Raisins	8 French Toast Minis Orange Juice Apple	9 Sausage Sandwich Oranges Apple Juice	10 Muffin String Cheese Amazing Raisins Orange Juice
13 FRENCH TOAST BITES Apple Juice Oranges	14 Sunrise Stick Orange Juice Apple	15 Apple Strudel String Cheese Bananas Apple Juice	16 Go-Gurt Yogurt Teddy Grahams, Honey Oranges Apple Juice	17 Breakfast on a Stick Applesauce Cup Orange Juice
20 Donut Holes AMAZIN RAISINS Apple Juice	21 Egg & Cheese Eng Muffin Oranges Apple Juice	22 GRAPE CRESCENT ROLLS Orange Juice Bananas	23 NutriGrain Bar String Cheese Apple Orange Juice	24 Grilled Cheese Sandwich Oranges Apple Juice
27 Mini Cinnis String Cheese Oranges Apple Juice	28 Poptart String Cheese Orange Juice Apple	29 Mini Blueberry Waffles Oranges Apple Juice	30 Cereal Bar String Cheese Apple Juice Raisins	

Lunch provides meat/meat alternate, whole grain rich items, vegetables, fruit, and milk. Breakfast provides whole grain rich items, meat/meat alternate, fruit/vegetables, and milk. A variety of milk is offered for both meals. For lunch, students must choose at least three of the components offered, with one of those three including at least 1/2 cup of fruit or vegetables. Students may select all five items if they desire. For breakfast, students must select at least three items with one being at least 1/2 cup of fruit or vegetable, or they may select all items. Thanks to USDA waivers, student meals are offered this year at no charge!