



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5 Go-Gurt Yogurt Teddy Grahams, Honey Apple Juice	6 Breakfast on a Stick String Cheese Orange Juice Apple	7 Cinnamon Toast Crunch Soft Bar String Cheese Apple Juice Oranges	8
9	10 Go-Gurt Yogurt String Cheese Teddy Grahams, Honey Apple Juice Oranges	11 Apple Strudel Orange Juice Apple	12 Donut Holes String Cheese Raisins Apple Juice	13 Apple Strudel Orange Juice Apple	14 French Toast Minis Apple Juice Bananas	15
16	17	18 Sausage Sandwich Orange Juice Apple	19 MINI DONUTS String Cheese Apple Juice AMAZIN RAISINS	20 GRAPE CRESCENT ROLLS Orange Juice Apple	21 FRENCH TOAST BITES Apple Juice Bananas	22
23	24 Cereal Bar String Cheese Apple Juice Oranges	25 MINI BREAKFAST BITES Raisins Orange Juice	26 Donut Holes String Cheese Oranges Apple Juice	27 Breakfast Calzone Apple Orange Juice	28 Mini Blueberry Waffles Oranges Apple Juice	29
30	31 POWERBITES Animal Crackers Apple Juice Oranges					

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!