



Monday	Tuesday	Wednesday	Thursday	Friday
		1 NutriGrain Bar VANILLA YOGURT Juice Bananas	2 Sausage Sandwich Apple Juice	3 Blueberry Poptart STRAWBERRY YOGURT Grape Juice Oranges
6 Blueberry Muffin String Cheese Raisins Juice	7 Blueberry Muffin String Cheese Raisins Juice	8 Mini Berry Pancake Yogurt Juice Oranges	9 Sausage Sandwich Applesauce Cups Orange/Pineapple Juice	10 Poptart Yogurt Juice Bananas
13 Blueberry Muffin String Cheese Apple Juice	14 Cereal Bar Applesauce Cups Orange/Pineapple Juice	15 NutriGrain Bar Bananas Yogurt Juice	16 Sausage Sandwich Apple Grape Juice	17 Blueberry Poptart Yogurt Oranges Apple Juice
20 Blueberry Muffin String Cheese Raisins Juice	21 Cereal Bar Apple Orange/Pineapple Juice	22 NutriGrain Bar Go-Gurt Yogurt Bananas Juice	23 Sausage Sandwich Apple Grape Juice	24 Blueberry Poptart Go-Gurt Yogurt Grape Juice Oranges
27 Blueberry Muffin String Cheese Raisins Juice	28 Fruit Loops Apple Orange/Pineapple Juice	29 NutriGrain Bar Go-Gurt Yogurt Bananas Juice	30 Sausage Sandwich Applesauce Cups Grape Juice	

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!