



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5 Cereal Yogurt Applesauce Cups Juice	6 BREAKFAST COOKIE Marble Cheese Stick Oranges Juice	7 Poptart Yogurt Raisins Juice	8
9	10 Muffin String Cheese Go-Gurt Yogurt Juice Apple APPLE CRISPS	11 COCOA PUFFS Yogurt Apple Orange/Pineapple Juice String Cheese	12 BREAKFAST COOKIE Go-Gurt Yogurt Bananas Juice Oranges	13 Breakfast Croissant Raisins Orange/Pineapple Juice	14 Blueberry Poptart Go-Gurt Yogurt String Cheese Grape Juice Juice Oranges	15
16	17	18 CEREAL BARS String Cheese Juice Apple Yogurt	19 Blueberry Muffin Marble Cheese Stick Oranges Juice	20 BLUEBERRY CRUNCH CEREAL Raisins Juice	21 Poptart Marble Cheese Stick FRUIT CUPS Juice Bananas	22
23	24 Muffin String Cheese Juice Applesauce Cups	25 Cereal String Cheese Oranges Juice Yogurt	26 BREAKFAST COOKIE String Cheese Raisins Juice BACKPACKERS Yogurt Bananas	27 BLUEBERRY CRUNCH CEREAL APPLE CRISPS Juice CINNAMON CHEX Apple	28 Poptart String Cheese Juice Raisins Yogurt	29
30	31 Muffin String Cheese Juice Applesauce Cups					

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!