



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5 Cereal Bar Sausage Sandwich Blueberry Muffin Juice Assorted Fruit	6	7	8
9	10 Cinnamon Toast Crunch Soft Bar Juice Assorted Fruit	11 Apple Strudel Juice Assorted Fruit	12 French Toast Sticks Assorted Fruit Juice	13 Cereal Bar String Cheese Assorted Fruit Juice	14 Sausage Sandwich Juice Assorted Fruit	15
16	17	18 Wild Mike's BK Pizza Juice Assorted Fruit	19 Pancakes Sausage Link Juice Assorted Fruit	20 Apple Strudel Assorted Fruit Juice	21 Sausage Sandwich Juice Assorted Fruit	22
23	24 Muffin String Cheese Juice Assorted Fruit	25 Breakfast on a Stick Juice Assorted Fruit	26 French Toast Sticks Assorted Fruit Juice	27 Mini Cinnis Juice Assorted Fruit	28 Sausage Patty Southern Biscuits Juice Assorted Fruit Jelly	29
30	31 Poptart Go-Gurt Yogurt Juice Assorted Fruit					

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!