



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mini Cinnis Juice Assorted Fruit
4 Blueberry Muffin String Cheese Juice Assorted Fruit	5 Mini Blueberry Waffles Juice Assorted Fruit	6 Poptart Go-Gurt Yogurt Juice Assorted Fruit	7 Mini Cinnis Juice Assorted Fruit	8 Sausage Sandwich Juice Assorted Fruit
11 Blueberry Muffin String Cheese Juice Assorted Fruit	12 Mini Blueberry Waffles Juice Assorted Fruit	13 Poptart Go-Gurt Yogurt Juice Assorted Fruit	14 Mini Cinnis Juice Assorted Fruit	15 Sausage Sandwich Juice Assorted Fruit
18 Blueberry Muffin String Cheese Juice Assorted Fruit	19 Mini Blueberry Waffles Juice Assorted Fruit	20 Poptart Go-Gurt Yogurt Juice Assorted Fruit	21 Mini Cinnis Juice Assorted Fruit	22 Sausage Sandwich Juice Assorted Fruit
25 Blueberry Muffin String Cheese Juice Assorted Fruit	26 Mini Blueberry Waffles Juice Assorted Fruit	27 Poptart Go-Gurt Yogurt Juice Assorted Fruit	28 Mini Cinnis Juice Assorted Fruit	29 Sausage Sandwich 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!