



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Poptart String Cheese Juice Chilled Fruit	2 NutriGrain Bar Go-Gurt Yogurt Fruit Cup Juice	3 Muffin String Cheese Juice Chilled Fruit
6	7 Grilled Cheese Sandwich Fruit Cup Juice	8 NutriGrain Bar Go-Gurt Yogurt Fruit Cup Juice	9 Poptart Go-Gurt Yogurt Juice Chilled Fruit	10 Cherry Strudel Stick String Cheese Chilled Fruit Juice
13 Muffin String Cheese Juice Chilled Fruit	14 Cherry Strudel Stick String Cheese Chilled Fruit Juice	15 Poptart Go-Gurt Yogurt Juice Chilled Fruit	16 Muffin String Cheese Juice Chilled Fruit	17 Fruit Loops Go-Gurt Yogurt Juice Chilled Fruit
20 Cinnamon Toast Crunch Soft Bar String Cheese Teddy Grahams Juice Chilled Fruit	21 Poptart String Cheese Juice Chilled Fruit	22 Sausage Patty Southern Biscuits String Cheese Juice	23 Cinnamon Toast Crunch Soft Bar Juice	24 NutriGrain Bar Go-Gurt Yogurt Fruit Cup Juice
27 Apple Muffin Chilled Fruit Juice	28 Sausage Patty Biscuit Chilled Fruit Juice	29 Poptart Go-Gurt Yogurt Juice Chilled Fruit	30 Grilled Cheese Sandwich Fruit Cup Juice Chilled 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!