



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5 Poptart Go-Gurt Yogurt Juice Chilled Fruit	6 Grilled Cheese Sandwich Fruit Cup Juice Chilled Fruit	7 Sausage Patty Biscuit Chilled Fruit Juice	8
9	10 Apple Muffin Chilled Fruit String Cheese Juice	11 Fruit Loops Go-Gurt Yogurt Juice Chilled Fruit	12 Poptart Go-Gurt Yogurt Juice Chilled Fruit	13 Sausage Patty Biscuit Chilled Fruit Juice	14 Grilled Cheese Sandwich Fruit Cup Juice Chilled Fruit	15
16	17	18 Fruit Loops Go-Gurt Yogurt Juice Chilled Fruit	19 Poptart Go-Gurt Yogurt Juice Chilled Fruit	20 Muffin String Cheese Juice Chilled Fruit	21 Poptart Go-Gurt Yogurt Juice Chilled Fruit	22
23	24 Muffin String Cheese Juice Chilled Fruit	25 Fruit Loops Go-Gurt Yogurt Juice Chilled Fruit	26 Poptart Go-Gurt Yogurt Juice Chilled Fruit	27 Cinnamon Toast Crunch Soft Bar Juice Go-Gurt Yogurt Fresh Fruit	28 Cherry Strudel Stick String Cheese Chilled Fruit Juice	29
30	31 Cereal Bar, Apple Fruit Filled String Cheese 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!