



Monday	Tuesday	Wednesday	Thursday	Friday
				Cereal Bar, Apple Fruit Filled Apple Juice Bananas 1
Cereal Bar String Cheese Apple Juice Oranges 4	Poptart String Cheese Raisins Orange Juice 5	Teddy Grahams, Honey Go-Gurt Yogurt Oranges Apple Juice 6	Blueberry Muffin Apple Orange Juice 7	Cinnamon Toast Crunch Soft Bar Oranges Apple Juice 8
Poptart String Cheese Apple Juice Oranges 11	Apple Blueberry Chip Bar String Cheese Orange Juice Apple 12	Donut Holes String Cheese Raisins Apple Juice 13	Blueberry Muffin Orange Juice Apple 14	Cereal Bar, Apple Fruit Filled Apple Juice Bananas 15
Cereal Bar String Cheese Apple Juice Oranges 18	Poptart String Cheese Raisins Orange Juice 19	Teddy Grahams, Honey Go-Gurt Yogurt Oranges Apple Juice 20	Blueberry Muffin Apple Orange Juice 21	Cinnamon Toast Crunch Soft Bar Oranges Apple Juice 22
Poptart String Cheese Apple Juice Oranges 25	Apple Blueberry Chip Bar String Cheese Orange Juice Apple 26	Donut Holes String Cheese Raisins Apple Juice 27	Blueberry Muffin Orange Juice Apple 28	Cereal Bar, Apple Fruit Filled Apple Juice Bananas 29

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!