

Breakfast 1	Breakfast 2	Breakfast 3	Breakfast 4	Breakfast 5
100% Juice Box (14-15 g)	100% Juice Box (14-15 g)	100% Juice Box (14-15 g)	100% Juice Box (14-15 g)	100% Juice Box (14-15 g)
Apple Jacks Cereal (24g)	Froot Loops Cereal (24g)	Apple Jacks or Froot Loops Cereal (24g)	Apple Jacks Cereal (24g)	Froot Loops Cereal (24g)
Blueberry Nutrigrain Bar (25g)	Whole Grain Cheez-Its (14g)	Strawberry Nutrigrain Bar (25g)	Whole Grain Cheez-Its (1oz)	Apple Nutrigrain Bar (25g)
8 oz. white 1% milk (13g)	8 oz. white 1% milk (13g)	8 oz. white 1% milk (13g)	8 oz. white 1% milk (13g)	8 oz. white 1% milk (13g)

Lunch 1	Lunch 2	Lunch 3	Lunch 4	Lunch 5
100% Juice Box (14-15 g)	100% Juice Box (14-15 g)	100% Juice Box (14-15 g)	100% Juice Box (14-15 g)	100% Juice Box (14-15 g)
Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*	Fruit Cup (1/2 cup)*
Mozzarella Cheese Plank (2g)	Turkey and Cheese Stick (1g)	WOW Soy Butter (16g)	Beef and Cheese Stick (1g)	Cheddar Cheese Plank (2g)
Tortilla Chips (25g)	Protein Granola (24g)	Savory Wheat Crackers (30g)	Protein Granola (24g)	Tortilla Chips (25g)
Salsa 3oz (5g)	Elf Graham Crackers (21g)	Veggie Cup (1/2 cup)	Scooby Graham Crackers (21g)	Salsa 3oz (5g)
Veggie Cup (1/2 cup)**	Veggie Cup (1/2 cup)	Veggie Cup (1/2 cup)	Veggie Cup (1/2 cup)	Veggie Cup (1/2 cup)
8 oz. chocolate skim milk (22g)	8 oz. chocolate skim milk (22g)	8 oz. chocolate skim milk (22g)	8 oz. chocolate skim milk (22g)	8 oz. chocolate skim milk (22g)

*Applesauce (14g), Mandarin Oranges (12g), Peaches (17g), or Pears (18g)

**Carrots (3g), Corn (6g), Green Beans (2g), Peas (8g) or Peas and Carrots (7g)

USDA Food Component	Student Breakfast Amounts	Student Lunch Amounts
Fruit	minimum 1/2 cup	1 cup
Vegetable	not provided	1 cup equivalent
Grain	2 oz. equivalent	2 oz. equivalent
Meat/Meat Alternative	2 oz. equivalent	2 oz. equivalent
Milk	8 oz.	8 oz.

Revised 9/6/2020

All items are shelf stable and require no refrigeration except for milk. Grams of carbohydrate for each food are listed as (g).

Pork, seafood, and nut-containing products are not offered.

Menu is subject to change.

This institution is an equal opportunity provider, employer, and lender.

