

K-8TH GRADE BREAKFAST

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	2	½ CUP 100% JUICE* ½ C ORANGE (17 CHO) STRAWBERRY STUFFED BAGEL (2 WG-42 CHO)	3	½ CUP 100% JUICE* ½ C APPLE (24 CHO) CINNAMON TOASTER CEREAL (1 WG - 21 OZ)	1	Served With Milk Menu Subject To Change Opportunity provider. Orange Juice (13 CHO), Fruit Punch Juice (14 CHO)
7	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) CRUNCH MANIA (2 OZ WG - 37 CHO)	8	½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROOT LOOP CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	9	½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)	10	½ CUP 100% JUICE* ½ C APPLE (24 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)
14	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) TRIPLE BERRY BAR (2 OZ WG - 43 CHO)	15	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) APPLE JACKS CEREAL (1 WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	16	½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) MINI CINNAMON ROLLS (2 WG - 40 CHO)	17	½ CUP 100% JUICE* ½ C APPLE (24 CHO) MARSHMALLOW MATEY CEREAL (1 WG - 22 CHO)
21	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) DONUT RING (2 WG - 29 CHO)	22	½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROSTED FLAKE CEREAL (1 WG - 25 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	23	½ CUP 100% JUICE* ½ C ORANGE (17 CHO) STRAWBERRY STUFFED BAGEL (2 WG-42 CHO)	24	½ CUP 100% JUICE* ½ C APPLE (24 CHO) CINNAMON TOASTER CEREAL (1 WG - 21 OZ)
28	½ CUP 100% JUICE* ½ C CRAISIN (27 CHO) CRUNCH MANIA (2 OZ WG - 37 CHO)	29	½ CUP 100% JUICE* ½ C BANANA (21 CHO) FROOT LOOP CEREAL (1 OZ WG - 24 CHO) GRAHAM CRACKER (1 OZ WG - 11 CHO)	30	½ CUP 100% JUICE* ½ C APPLE CRISPS (10 CHO) HONEY BUN (2 OZ WG - 34 CHO)	31	½ CUP 100% JUICE* ½ C APPLE (24 CHO) CHOCOLATE CHIP BREAKFAST BAR (1 OZ WG - 25 CHO)

K-8TH GRADE LUNCH MENU

FRIDAY	THURSDAY	WEDNESDAY	TUESDAY
3 PIZZA	2 PASTA MARINARA	1 WONDEROUS WAFFLE	1/2 C Apple Applesauce (14 CHO) 1/2 C Potato Rounds (20 CHO) Breakfast Sausage (2 M - 2 CHO) 1/2 C Carrots (7 CHO) 1/2 C Spiced Pear Applesauce (14 CHO) 1/2 C Brown Rice (1.5 WG - 36 CHO) 1/2 C Carrots (7 CHO) 2.9 oz Sweet & Sour Chicken (2 M - 11 CHO) 1/2 C Spiced Pear Applesauce (14 CHO)
1/2 C Banana (21 CHO) 1/2 C Wongo Mango Juice (13 CHO) 1/2 C Baby Carrots (6 CHO) Cheese PIZZA (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)	1/2 C 100% Juice* 1/2 C Marinara Sauce (27 CHO) Seasoned Beef with Red Sauce (1/2 C Veg - 2M - 15 CHO) 1/2 C Pasta (42 CHO - 15 WG)	1/2 C Applesauce (14 CHO) 1/2 C Potato Rounds (20 CHO) Breakfast Sausage (2 M - 2 CHO) 1/2 C Carrots (7 CHO) 1/2 C Spiced Pear Applesauce (14 CHO) 1/2 C Brown Rice (1.5 WG - 36 CHO) 1/2 C Carrots (7 CHO) 2.9 oz Sweet & Sour Chicken (2 M - 11 CHO)	
10 GRILLED CHEESE	9 GOLDEN NUGGETS	8 SWEET AND SOUR CHICKEN	7 HAMBURGER
1/2 C Diced Peaches (24 CHO) 1/2 C Baby Carrots (3 CHO) 1 C Salad Mix (4 CHO) Mozzarella and Cheddar Cheese (2 MMA - 0 CHO) Ranch Packet (2 CHO) Cheez-It Crackers (1 oz WG - 14 CHO)	1/2 C 100% Juice* 1/2 C Broccoli (5 CHO) Breaded Chicken Nuggets (2 M/1 WG - 14 CHO - 5 E) BBQ Packet (5 CHO)	1/2 C Applesauce (14 CHO) 1/2 C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	1/2 C Apple Crisps (10 CHO) 1/2 C Carrots (7 CHO) Chicken Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)
17 CHEF SALAD	16 WONDEROUS WAFFLE	15 CHEESE DIPPERS	14 CRISPY CHICKEN PATTY
1/2 C Diced Peaches (24 CHO) 1/2 C Baby Carrots (3 CHO) 1 C Salad Mix (4 CHO) Mozzarella and Cheddar Cheese (2 MMA - 0 CHO) Ranch Packet (2 CHO) Cheez-It Crackers (1 oz WG - 14 CHO)	1/2 C 100% Juice* 1/2 C Potato Rounds (20 CHO) Breakfast Sausage (2 M - 2 CHO) Buttermilk Waffle (1 WG - 15 CHO - 1 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)	1/2 C Applesauce (14 CHO) 1/2 C Broccoli (5 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	1/2 C Apple Crisps (10 CHO) 1/2 C Carrots (7 CHO) Chicken Patty (2 M - 22 CHO) Hamburger Bun (2 WG - 25 CHO) BBQ Packet (5 CHO)
24 PIZZA	23 SALISBURY STEAK	22 CHICKEN N BISCUITS	21 DOGS IN A BLANKET
1/2 C Banana (21 CHO) 1/2 C Wongo Mango Juice (13 CHO) 1/2 C Baby Carrots (9 CHO) Cheese PIZZA (2 MMA/2 WG - 34 CHO) Ranch Packet (2 CHO)	Peach Crisp (1/2 C Fruit - 1 oz WG) 1/2 C Roasted Garlic Corn (17 CHO) Salisbury Steak (2 M - 7 CHO) Beef Gravy (14 CHO)	1/2 C 100% Juice* 1/2 C BBQ Beans (42 CHO) Chicken Tenders (2 M/1 WG - 16 CHO - 3 E) Mini Biscuit (1 WG - 14 CHO - 1 E) Butter Cup (0 CHO)	1/2 C Apple Crisps (10 CHO) 1/2 C Broccoli (5 CHO) Mini Corn Dogs (2 M/2 WG - 28 CHO - 5E) Ketchup Packet (2 CHO)
31 CHEESE DIPPERS	30 POPCORN CHICKEN BOWL	29 HAMBURGER	28 FLUFFY CAKES & LINKS
1/2 C Banana (21 CHO) 1/2 C Green Beans (7 CHO) Cheese Stuffed Breadsticks (2 MMA/2 WG - 42 CHO - 2 E) Marinara Cup (14 CHO)	1/2 C Brown Sugar Applesauce (17 CHO) 1/2 C Carrots (7 CHO) 1/2 c Mashed Potatoes (20 CHO) Breaded Popcorn Chicken (1 WG/2 M - 14 CHO - 11 E)	1/2 C 100% Juice* 1/2 C Broccoli (5 CHO) Beef Patty (2 M - 4 CHO) Hamburger Bun (2 WG - 25 CHO) Ketchup Packet (2 CHO)	1/2 C Apple Crisps (10 CHO) 1/2 C Potato Rounds (20 CHO) Turkey Breakfast Sausage (2 M - 2 CHO) Pancakes (2 WG - 42 CHO - 2 E) Ketchup Packet (2 CHO) Syrup Cup (30 CHO)

vation Foods
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an equal opportunity provider.
 served With Milk
 Subject To Change
 Juice (13 CHO), Fruit Punch Juice (14 CHO)