| 8 Monday <br> WG Cereal, WG Breakfast Pizza 22g, Fruit, Juice <br> WG Bun 28gm Tenderloin 14g or Yogurt, Cheese Stick, WG Bar, Corn 16g, Peaches 14g, Fresh Fruit and Veggies | 9 Tuesday <br> WG Cereal, WG Toast 14g, Jelly 9g, Cheese Omelet 2g, Fruit, Juice <br> WG Roll 15g, WG Popcorn Chicken 14gm Sweet and Sour Sauce 1 oz-11g,, or WG PB \& J, Cheese STick, WG Chips, WG Chicken Rice, Broccoli W/Cheese, Mandarin Oranges 17g, Fresh Fruit and Veggies | 10 Wednesday <br> WG Cereal, Cinnamon Roll 42g., Fruit, Juice <br> WG Bun 28g, BBQ Rib 8g, or Yogurt, Cheese Stick, WG Bar, Green Beans 4g, Tropical Fruit 22g, Fresh Fruit and Veggies | 11 Thursday <br> WG Pancakes 37g, Syrup 20g, WG Cereal, Fruit, Juice <br> WG Bun 28g, Sloppy Joe 35.64 g. WG PB \& J, Cheese Stick, WG Chips, Romaine 1.5g, Baked Beans 26g, Strawberries and Bananas 15.5 g <br> , Fresh Fruit and Veggies | 12 Friday <br> WG Cereal, Biscuit 26g, , Sausage \& Gravy 8g, Fruit or Juice <br> WG Pretzel 72g, Baked Potato 37g, with Cheese 6 gm , and Ham or Yogurt, Cheese Stick, WG Bar Carrots 6g, Rosy Applesauce 22g, Sidekick 23g, Fresh Fruit and Veggies |
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| 15 Monday <br> WG Cereal, WG Poptart, Fruit, Juice <br> WG Bun28g, Bacon Cheeseburger 3 g , orYogurt. Cheese Stick, WG Bar Green Beans 4g, Pears 16g, Fresh Fruit and Veggies | 16 Tuesday WG Cereal, WG French Toast Sticks 38g, Syrup, 20g, Juice, Fruit <br> WG Pizza 37g or WG PB \& J, Cheese Stick. WG Chips. Carrots 6g, Peas 11g, Cinnamon Applesauce 26g Fresh Fruit and Veggies | 17 Wednesday <br> WG Cereal, Muffin 28g, Fruit, Juice <br> WG Bun 28g, WG Chicken Patty 16g, or Yogurt, Cheese Stick, WG Bar Broccoli W/Cheese, Mandarin Oranges 17g, Fresh Fruit and Veggies | 18 Thursday WG Cereal, WG Biscuit 26g, Egg Patty, 1g, Sausage Patty 1g, Cheese Slice 2g Fruit, Juice <br> WG Roll,15g, WG Fish Sticks 22 g or WG PB \& J, Cheese Stick, WG Chips, Sweet Potato Fries 23g, Corn 16g, Peaches 14 g, Fresh Fruit and Veggies | 19 Friday <br> WG Donut 33g, , WG Cereal, Fruit, Juice <br> Totchos (Tater Tot Nachos 21g with cheese 6 gm with WG Raspberry Churro 28 g ) or Yogurt, Cheese Stick. WG Bar Refried Beans 24g, Romaine 1.5g. Pineapple 17g, Fresh Fruit and Veggies, Bavarian Creme Dessert 10 g |
| 22 Monday WG Pancake on a Stick 17g, Syrup 20 g , WG Cereal, Fruit, Juice <br> WG Bun 22g, Hot Dog 2g or Chili 4g Dog or Yogurt. Cheese Stick. WG Bar Oven Potatoes 22g Mixed Fruit, 22 g Fresh Fruit and Veggies | 23 Tuesday <br> WG Bagel 38 g, Cream Cheese 1g, WG Cereal, Fruit, Juice <br> WG Roll 15 g Pasta Dinner or $\underline{P B \& J,}$ Cheese Stick. WG Chips. Romaine 1,5g Carrots 6 g, Pears 16 g, Fresh Fruit and Veggies | 24 Wednesday WG English Muffin 21g, Egg Patty 1g, Cheese Slice 2g, WG Cereal, Fruit, Juice <br> Early Dismissal at 11:00 <br> Sack Lunch WG PB \& J, WG Chips, Fresh Fruit and Veggie | 25 Thursday <br> WG Cereal, WG Waffle,12 gm Syrup 20g, , Fruit, Juice <br> WG Pizza Crunchers 41 g or WG PB \& J. Cheese Stick. WG Chips. Green Beans 4 g , Marinara Sauce 7g, Rosy Applesauce 22g, Fresh Fruit and Veggies | 26 Friday <br> WG Cereal, WG Breakfast Pizza 22g, Fruit, Juice <br> WG Chili Crispito 23 for 1 orYoqurt, Cheese Stick. WG Bar Romaine 1.5g Tropical Fruit 22g, Salsa 8 g, Refried Beans 24 g, Jello w/Whip Topping, Fresh Fruit and Veggies |


| 29 Monday WG Breakfast Bar 47 g , WG Cereal, Fruit, Juice <br> WG Bosco Stick 25s Beef Ravioli 36g or Yogurt, Cheese Stick, WG Bar, Green Beans 4 g , Pineapple 17 g , Fresh Fruit and Veggies | 30 Tuesday WG Cereal, WG Donut 33g Fruit, Juice <br> WG Pretzel 72g Cheese Sauce, 6 g WG Chicken Strips 13 g or WG PB \& Cheese Stick, WG Chips, Corn 16g, Rosy Applesauce 22g, Fresh Fruit and Veggies | Cereal- Marsh Matey-22g <br> Honey graham 22g, Cinn toaster 24 <br> gm <br> Juice- apple 13 g , grape 19 g , of 13 g , <br> Fruit punch 14 g , <br> Poptart-Cinn 73g, Blueberry-72g, <br> Strawberry-75 g | Breakfast is served everyday from 7:30-8:00. <br> A Plant-Based Meal is offered Everyday. <br> 1\% White, Chocolate, Strawberry Milk are offered at every Meal. | Breakfast is Offer vs. Serve. Students must take 3 out of 4 items offered and 1 must be $1 / 2$ cup of juice or fruit. Lunch is also Offer vs. Serve . Students must take 3 of 5 items served and 1 must be $1 / 2$ cup of fruit or vegetable. |
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| Menu is Subject to Change. <br> \#ALLin | Can't Stop Won't Stop | Mashed Potatoes contain Sulfates and can cause Allergic Reactions | Ranch Dressing, Ketchup, Mustard, BBQ Sauce are offered at Lunch | A Plant Based Meal is offered Everyday |

