

Meal Prices - Include Milk

Lunch	Free
Breakfast	Free
Adult	\$4.25
Milk	\$0.55

**All Lunches include
Variety Bar and Milk**

Variety Bar Includes:
~Salad
~Variety of Fruits
~Variety of Vegetables


**Focus on Fruit****Fruit Tips:**

* Choose whole or cut-up fruit instead of juice, which is missing fiber.

* Have your fruit anyway you like!

fresh, frozen, dried or
canned in water or juice

BREAKFAST - Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Cereal, Cracker Fruit & Milk	4 Cereal, Cracker Fruit & Milk	5 Cereal, Cracker Fruit & Milk	6 Cereal, Cracker Fruit & Milk	7 Cereal, Cracker Fruit & Milk
10 Cereal, Cracker Fruit & Milk	11 Cereal, Cracker Fruit & Milk	12 Cereal, Cracker Fruit & Milk	13 Cereal, Cracker Fruit & Milk	14 Cereal, Cracker Fruit & Milk

This institution is an equal opportunity provider.

Lunch Menu

*Chicken Nuggets include a roll or breadstick

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Turkey & Gravy Breadstick Variety of Fruits Variety of Veggies Milk	4 Blue: Hot Dog Red: Chicken Soft Taco Variety Fruits & Veggies Milk	5 Blue: Pepperoni Pizza Red: Hawaiian Variety Fruits & Veggies Milk	6 Blue: Chicken Burger Red: Taco Soup & Tortilla Chips Variety Fruits & Veggies Milk	7 Ham & Cheese Sub Variety of Fruits Variety of Veggies Milk
10 Chicken Nuggets Roll Variety of Fruits Variety of Veggies Milk	11 Blue: Hot Dog Red: Turkey Soft Taco Variety Fruits & Veggies Milk	12 Nachos, Chips, Meat Refried Beans Cheese Variety Fruits & Veggies Milk	13 Blue: Chicken Burger Red: Toasted Cheese Tomato Soup Variety Fruits & Veggies Milk	14 Hamburger Variety of Fruits Variety of Veggies Milk

**Why Fruit?**

* Supplies quick energy
* Makes a sweet-tasting snack that is lower in calories than chips and cookies.
* Provides fiber, which makes you feel full and can help prevent over-eating.