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Hot Breakfast	Grab-N-Go Breakfast	LUNCH
Poptart (1oz) Cinnamon Toast (1oz) Assorted Cereal (3/4 c) Trix Yogurt (4oz) Fruit Cocktail (1/2c) Pears (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Old El Paso Fold N Go (1oz grain/1 oz Meat) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Trix Yogurt (4oz) w/ Bug Bites(1oz) Strawberry Cup (4oz) Assorted Juice (4oz) Choice of Milk (8oz)	Grilled Chicken on bun (2oz Meat/2servings WG) Hot Ham/Cheese Sandwich (2oz meat/meat alternate/2 servings WG) Fresh Apple (1 whole) Peaches (1/2c) Lettuce/tomato (1/4c) Broccoli (1/2c) w/cheese sauce (1/4c) Sweet Potato (1whole) w/butter (1T) FF Ranch Salad Dressing (1.5oz) FF French Salad Dressing (1.5oz) Choice of Milk (8oz)
Sausage Link (1oz) w/ Pancake wrap (1oz G) syrup (IPP) Assorted Cereal (3/4c) WW Toast (1oz) Mandarin Oranges (1/2c) Fruit Cocktail (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Mini Chicken Biscuit (1oz Meat/1.75oz Grain) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Apple (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Corn Dog (2oz meat, 2 servings WG) w/mustard (2 pk) Sloppy Joes (2oz meat, 2 servings WG) Fresh Banana Strawberry Cup (1/2c) Pinto Beans (1/2c) Baked Potato Wedges (1/2c) /ketchup (3pk) Mixed Greens (1/2c) Fresh Carrots (1/2c) Cornbread (2 servings) FF Ranch Salad Dressing (1.5oz) FF French Salad Dressing (1.5oz) Choice of Milk (8oz)
Ham Biscuit (2oz WG/1oz Meat/Meat alt) Gravy (1/2c) Assorted Cereal (3/4c) WW Toast (1oz) Applesauce (1/2c) Mandarin Oranges (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Maple Burstin Mini Pancakes (2oz WG) Trix Yogurt (4oz) with Bug Bites (1oz) NutriGrain Bar (21g) Oatmeal Bar (1oz WG) Fresh Orange (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Meat Loaf (1-3/4" slice=2oz Meat, 1/2 serving grains) Steak Patty (2oz meat) Trix Yogurt (4oz) Pineapple Tidbits (1/2c) Fresh Orange (1/2c) Mashed Potatoes (1/2c) w/gravy (1/4c) Peas (1/2c) Caesar Salad (1cup) w/croutons (0.25oz grain) & Caesar salad dressing (1pk) Wheat Roll (2oz) Choice of Milk (8oz)
Oatmeal (1/2c) WW Toast (1oz) Assorted Cereal (3/4c) Yogurt (4oz) Mandarin Oranges (1/2c) Peaches (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Apple Frudel (2oz eq Whole Grain) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21g) Oatmeal Bar (1oz WG) Fresh Banana (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Pepperoni Pizza (2oz Meat/ servings WG) Spinach Chef Salad w/bacon bits/croutons/crackers (2oz meat/meat alt, 2c salad greens, 1.25servings grains) Fruit Cocktail (1/2c) Pear Halves (1/2c) Side salad (1cup) Broccoli Normandy (1/2c) Corn (1/2c) Tomato Juice (1/2c) FF Ranch Salad Dressing (1.5oz) FF French Salad Dressing (1.5oz) Sherbet (4oz) Choice of Milk (8oz)
Breakfast Pizza (1oz Meat/1 oz G) Assorted Cereal (3/4c) WW Toast (1oz) Trix Yogurt (4oz) Peaches (1/2c) Pears (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	BlueBerry Bash Mini Waffles (2oz eq WG) Trix Yogurt (4oz) with Bug Bites (1oz) NutriGrain Bar (21g) Oatmeal Bar (1oz WG) Fresh Fruit Choice- (1 whole fruit choice) Assorted Juice (4oz)	Hamburger/cheese (2oz meat/2 servings WG) Turkey Cheese Sandwich (2oz meat/2servings WG) Fresh Orange (1/2c) Pear Halves (1/2c) Lettuce/tomato (1/4c) Pickle/Onion (1/4c) Oven Baked Fries (3/4c) w/ketchup (3pk) Side salad (1cup) Mustard (2pk) or Maonnaise (1 pk) FF Ranch Salad Dressing (1.5oz) FF French Salad Dressing (1.5oz)

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	Choice of Milk (8oz)	Choice of Milk (8oz)
Hot Breakfast	Grab N Go Breakfast	LUNCH
Sausage Biscuit (2oz WG/1oz meat/meat alt) Assorted Cereal (3/4c) WW Toast (1oz) Gravy (1/2c) Cooked Apples (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Mini Cinni's (2oz eq Wole Grains) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Strawberry Cup (4oz) Assorted Juice (4oz) Choice of Milk (8oz)	Fajita w/cheese (2oz meat, 1 serving grain) w/ lettuce & tomato (1/4c) Tuna Stuffed Tomato (2oz meat; 1/2c vegetable) Fresh Apple (1 whole) Pineapple Tidbits (1/2c) Refried Beans (1/2c) Corn (1/2c) Oriental Vegetables (1/2c) Salsa (1/2c) Vegetable Fried Rice (1/2c) Choice of Milk (8oz)
Scrambled Eggs (1 lg) WW Toast (1oz) Assorted Cereal (3/4c) Poptarts (1oz) Pineapples(1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Mini Sausage/biscuit (1oz Meat/1.75oz WG) Trix Yogurt (4oz) with Bug Bites (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Orange (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Beefaroni (3/4c=2oz Meat, 3/8c veg & 1servng WG) Turkey Sandwich (2oz meat; 2 servings WG) w/lettuce & tomato (1/4c) Applesauce (1/2c) Fruit Cocktail (1/2c) Parsley Potatoes (1/2c) Green Beans (1/2c) Side Salad (1c) w/ Choie of FF Ranch Salad Dressing or FF French Salad Dressing (1.5oz) Garlic Toast (1.5oz WG Texas Toast) Chocolate Chip Cookie (0.5oz WG) Choice of Milk (8oz)
Waffles (1oz Grain) syrup (IPP) Assorted Cereal (3/4c) WW Toast (1oz) Pears (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Cocoa Puffs Cereal Bar (1oz Whole Grain) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Apple (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Beef Vegetable Soup (1c=1/2oz meat/meat alternate and 1/2c vegetables) Tomato Soup (1c) Grilled Cheese Sandwich (2oz Meat/2oz WG) Tuna Sandwich (2oz meat/2 WG) Side Salad (1c=1/2 c dark green vegetables) Pears (1/2c) Fresh Banana (1 whole) Orange Juice (4oz) Saltine Crackers (8=1 serving grain) FF Ranch Salad Dressing (1.5oz) FF French Salad Dressing (1.5oz) Choice of Milk (8oz)
Baked Bologna (1oz) Assorted Cereal (3/4c) WW Toast (1oz) Mandarin Oranges (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Triple Berry Blast Mini French Toast (2oz WG eq) Trix Yogurt (4oz) with Bug Bites (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Banana (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Chicken Patty (2oz Meat/1 serving WG) Mashed Potatoes (1/2c) Gravy (1/4c) Fresh Apple (1 whole) Mandarin Oranges (1/2c) Brussels Sprouts (1/2c) Broccoli Salad (1/2c) Wheat Roll (2oz) Sugar Cookie (0.50WG) Choice of Milk (8oz)
Chicken Biscuit (2oz Grain/1oz Meat/Mt Alt) Gravy (1/2c) Assorted Cereal (3/4c) WW Toast (1oz) Mandarin Oranges 1/2 c Assorted Juice (4oz) Choice of Milk (8oz)	Sunrise Flatbread (1 Meat/meat alt & 1oz eq G) NutriGrain Bar (21 grams) Oatmeal Bar (1oz WG) Fresh Fruit Bowl (1whole fruit) Assorted Juice (4oz) Choice of Milk (8oz)	Hot Dog (2oz meat/1.5oz WG) Chili Dog (2.5oz Meat/1.5oz WG) Chili Bun (2oz Meat/1.5oz WG) Peaches (1/2c) Fresh Orange (1/2c) Baked Beans (1/2c) Baked Tater Tots (1/2c)/ketchup (3pk) Caesar Salad (1c=1/2c dark leafy greens) w/Caesar dressing (1.5oz) Pea Salad (1/2c) Fresh Carrots (1/2c) FF Ranch Dressing (1.5oz) FF French Dressing (1.5oz)

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		Mayonnaise (1pk) Mustard (2pk) Choice of Milk (8oz)	
Hot Breakfast	Grab-N-Go Breakfast	LUNCH	
Fruit & Oatmeal (1/2c) WW Toast (1oz) Assorted Cereal (3/4c) Trix Yogurt (4oz) Applesauce (1/2 c) Mandarin Oranges (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Old El Paso Fold N Go (1oz grain/1 oz Mt/Mt Alt) Trix Yogurt (4oz) with Bug Bites (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Strawberry Cup (4oz) Assorted Juice (4oz) Choice of Milk (8oz)	BBQ Rib Sandwich (2oz Meat/1.5oz WG) Bologna Sandwich (2oz meat/2 servings WG) Vegetable Sticks (1c) Sandwich Trimmings (1/2c) Macaroni & Cheese (1/2c) Pineapple Tidbits (1/2c) Applesauce (1/2c) Broccoli Slaw (1/2c) Pickles/Onions (1/4c) FF Ranch salad dressing (1.5oz) FF French salad dressing (1.5oz) Choice of Milk (8oz)	
French Toast Sticks (1oz) w/syrup (IPP) Assorted Cereal (3/4c) WW Toast (1oz) Applesauce(1/2c) Mandarin Oranges (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Asst Poptarts (2oz WG) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Banana (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Chicken Nuggets (2oz meat/1 serving (WG)) Pigs-in-a-Blanket (2oz meat/2ox WG) Strawberry cup (4oz) Pineapples (1/2c) Mashed Potatoes (1/2c) Gravy (1/4c) Pinto Beans (1/2c) Glazed Carrots (1/2c) Cornbread (2 servings) Sugar Cookie (1/2 oz WG) Honey Mustard (1pk) BBQ Sauce (2pk) Choice of Milk (8oz)	
Ham Bisucit (2oz WG/1 Meat/meat alt) Gravy (1/2c) Assorted Cereal (3/4c) WW Toast (1oz) Peaches (1/2c) Pears (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Egg/Cheese Sliders (1oz WG/1oz meat/mt alt) Trix Yogurt (4oz) with Bug Bies (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Orange (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Cheese Pizza (2oz meat/1 serving (WG)) Chicken Broccoli (2oz Meat/1/2c vegetable) Fruit Cocktail (1/2c) Fresh Orange (1 whole) Apple Juice (4oz) Side Salad (1c) w/ Choie of FF Ranch Salad Dressing or FF French Salad Dressing (1.5oz) Baked Sweet Potato (1 whole) Butter (1T) Choice of Milk (8oz)	
Breakfast Pizza (1oz grain & 1oz meat/mt alt) Assorted Cereal (3/4c) WW Toast (1oz) Yogurt (4oz) Pears (1/2c) Mandarin Oranges (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Strawberry Splash Mini Pancake (2oz WG) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Apple (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Spaghetti w/meat sauce (2oz meat/3/8c vegetable 1 serving WG) Turkey & Cheese Sandwich (2oz meat/meat alternate/2 servings WG) Fresh Apple (1 whole) Pineapple Tidbits (1/2c) Green Beans (1/2c) Side Salad (1c) w/ Choie of FF Ranch Salad Dressing or FF French Salad Dressing (1.5oz) Parsley Potatoes (1/2c) Lettuce/Tomato (1/4c) Garlic Toast (1.5oz WG) Mustard (2pk) Mayonnaise (1pk) Chocolate Chip Cookie (0.5oz WG) Choice of Milk (8oz)	
Mini Blueberry Muffin (1oz Whole grain) Assorted Cereal (3/4c) WW Toast (1oz) Pineapple Tidbits (1/2c) Pears (1/2c) Poptart (1ea)	Mini Cinni's (2oz WG) Trix Yogurt (4oz) with Bug Bites (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Fruit Bowl	Hamburger/cheese (2oz Meat/2 servings WG) Chicken Caesar Salad w/croutons & crackers (2oz meat, 2 cups salad greens, grains 1.25servings) Fresh Banana (1 whole) Peaches (1/2c) Sandwich Trimmings (1/2c) Pickles/Onions (1/4c) Oven Baked Fries (3/4c)	

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Assorted Juice (4oz) Choice of Milk (8oz)	(1 whole fruit) Assorted Juice (4oz) Choice of Milk (8oz)	Ketchup (3pk) Mayonnaise (1pk) Mustard (2pk) Mayonnaise (1pk) Choice of Milk (8oz)
Hot Breakfast	Grab-N-Go Breakfast	LUNCH
Scrambled Eggs (1 large) Assorted Cereal (3/4c) WW Toast (1oz) Trix Yogurt (4oz) Fruit Cocktail (1/2c) Mandarin Oranges (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Maple Madness Waffles (2oz Whole Grain) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Strawberry Cup (4oz) Assorted Juice (4oz) Choice of Milk (8oz)	Chicken Strip/cheese Wrap (2oz Meat/1 grain) Fish Patty on bun (2oz meat/2 servings WG) Fresh Apple (1 whole) Pineapple Tidbits (1/2c) Lettuce/Tomato (1/4c) Baked Potato (1 whole) w/butter (1T) Broccoli w/cheese (1/2c) Salsa (1/4c) Ketchup (2pk)/ Mayonnaise (1pk)/Tarter Sauce (2pk) Choice of Milk (8oz)
Chicken Biscuit (2oz WG/1oz Meat/Mt Alt) Gravy (1/2c) Assorted Cereal (3/4c) WW Toast (1oz) Fruit Cocktail (1/2c) Mandarin Oranges (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Cherry Frudel (2oz Whole Grain) Trix Yogurt (4oz) with Bug Bites (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Apple (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Chili/Chips/Cheese-1/2c (2oz meat, 3/8 c veg. , 1oz grains) Open Faced Cheese Sandwich (2oz Meat/2 servings WG) Fresh Orange (1 whole) Fruit Cocktail (1/2c) Caesar Salad (1cup) w/cROUTONS (0.25oz grain) & Caesar salad dressing (1pk) Broccoli Normandy (1/2c) w/cheese sauce (1/4c) Sherbet (4oz) Choice of Milk (8oz)
Baked Bologna (1oz) Assorted Cereal (3/4c) WW Toast (1oz) Peaches (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Mini Choc, Chip Muffins (1oz Whole Grain) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Banana (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Chicken Vegetable Soup ((1 cup = 1/2 oz meat & 1/2c vegetables) Tomato Soup (1cup) Grilled Cheese Sandwich (2oz Meat/2oz WG) Side Salad (1c=1/2 c dark green vegetables) Pears (1/2c) Fresh Banana (1 whole) Orange Juice (4oz) Saltine Crackers (8=1 serving grain) FF Ranch Salad Dressing (1.5oz) FF French Salad Dressing (1.5oz) Choice of Milk (8oz)
Breakfast Pizza (1oz grain & 1oz meat/mt alt) Yogurt (4oz) Assorted Cereal (3/4c) WW Toast (1oz) Pineapple Tidbits (1/2c) Peaches (12/c) Assorted Juice (4oz) Choice of Milk (8oz)	Sunrise Flatbread (1oz WG/1oz Meat/mt alt) Trix Yogurt (4oz) with Bug Bites (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Orange (1 whole) Assorted Juice (4oz) Choice of Milk (8oz)	Baked Ham (2oz) Baked Turkey (2oz) Fresh Banana (1 whole) Mandarin Oranges (1/2c) Mashed Potatoes (1/2c) Gravy (1/2c) Glazed Carrots (1/2c) Green Beans (1/2c) Wheat Roll (2oz) Chocolate Chip Cookie (0.50WG) Choice of Milk (8oz)
Sausage Biscuit (2oz WG/1oz meat/meat alt) Gravy (1/2c) Assorted Cereal (3/74c) WW Toast (1oz) Cooked Apples (1/2c) Pineapple Tidbits (1/2c) Assorted Juice (4oz) Choice of Milk (8oz)	Cinnamon Rush Mini French Toast (2oz WG) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (21 g) Oatmeal Bar (1oz WG) Fresh Fruit Bowl (1 whole fruit) Assorted Juice (4oz) Choice of Milk (8oz)	Hot Dog (2oz meat/1.5oz WG) Chili Dog (2.5oz Meat/1.5oz WG) Chili Bun (2oz Meat/1.5oz WG) Peaches (1/2c) Fresh Apple (1 whole) Baked Beans (1/2c) Baked Tater Tots (1/2c)/ketchup (3pk) Caesar Salad (1c=1/2c dark leafy greens) w/Caesar dressing (1.5oz) Pea Salad (1/2c) Mayonnaise (1pk)/Mustard (2pk) Choice of Milk (8oz)