

Breakfast: \$2.25, reduced price is .30 cents * Lunch: \$3.50, reduced price .40 cents Breakfast and Lunch Menu Served w/ 8 oz Milk & 1/2 cup Fruit

	Mon	Tue	Wed	Thu	Fri
Breakfast	3 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	4 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	5 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	6 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	7
Lunch	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	NO SCHOOL HURRICANE MAKE-UP DAY
Breakfast	10 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	11 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	12 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	13 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	14 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tot 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Mix 1/2 cup Salad
Breakfast	17 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	18 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	19 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	20 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	21 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz
Lunch	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup
Breakfast	24	25	26	27	28
Lunch	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Breakfast	31				
Lunch	NO SCHOOL				