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|  | **DAYS OF WEEK**  |  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **Grade**  | **9th -12th** | **11/4** | **11/5** | **11/6** | **11/7** | **11/8** |
|  |   |   |  |  |  |  |  |
|  | **Component**  | **Min. Serving**  | **Yogurt w/ WG Granola**  | **WG Liege Waffle** | **WG Triple Berry Crunch Bar** | **WG Honey Bun** | **Closed – PD Day** |
| **Breakfast** | Fluid Milk (8oz = 1 cup)  | 8 oz.  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  |  |
| Grain (WGwhole)  | 2oz eq.  | WG Granola 20g & Yogurt 12g | WG Waffle 38g | WG Breakfast Bar 43g | WG Breakfast Bun 30g |  |
| Fruit   | 1 cup   | Mixed Fruit 15g & Strawberry Kiwi Juice 14g | Fresh Apple 18g & Apple Juice 14g | Craisins 27g & Orange Juice 15g | Applesauce 15g & Grape Juice 20g |  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 320/3.5/0.5/140mg | 320/8/4/344mg | 410/6/2.5/120mg | 320/7/2g/220mg |  |
|  | **Component**  | **Min. Serving**  | **Cheeseburger** | **Chicken Quesadilla** | **Chicken Alfredo** |  **WG Breaded Chicken Tenders** |  |
| **L****unch** | Fluid Milk (8oz = 1 cup)  | 8 oz.  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk |  |
| Grains (WGwhole)  | 2 oz eq.  | WG Bun 19g & Graham Cracker 19g | WG Tortilla 38g | WG Penne Pasta 82g & Graham Cracker 19g | WG Breading 16g & WG Graham Cracker 19g |  |
| Meat or Meat alt.  | 2 oz.  | Beef Patty 0g & Cheese 1g | Diced Chicken & Cheese 38g | Diced Chicken 0g & Cheese 1g | Chicken Tenders 16g |  |
| Vegetable  | 1 cup  | Sliced Carrots 12g | Mexican Style Red Beans 40g | Cut Green Beans 8g | Broccoli Florets 4g |  |
| Fruit  | 1 cup  | Tropical Fruit 44g | Cut Mandarin Segments 28g | Applesauce 44g | Pineapple Chunks 32g |  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 620/23.5/8.5/725mg | 535/8/2/1040mg | 995/25.5/12/1140mg | 590/20/2.5/707mg |  |
| Salad Bar Option:Each Salad is served with a cup of fruit & milk | Everything Chicken Salad:Romaine (1cup), Everything Seasoned Diced Chicken (2oz), Shredded Carrots, Cheese & Ranch Dressing (2g) | Cobb Salad:Romaine (1cup), Diced Turkey (2oz), Tomatoes, Cucumbers, Shredded Cheese & Ranch (2g) | Chicken Ceasar Salad: Romaine (1cup), Diced Chicken (2oz), Croutons, Parmesan Cheese, Ranch (2g) | Taco Salad: Romaine (1cup), Ground Beef (2oz), Black Beans, Corn, Shredded Cheese, Tomatoes, Ranch (2g) |  |

 **This institution is an equal opportunity provider.**

**Depending on the type of milk the student chooses, it'll be an additional 150 calories, 2.5g of fat, 1.5g of saturated fat, 190mg of sodium, and 23g of carbs for chocolate milk or 110 calories, 2.5g of fat, 1.5g of saturated fat, 130mg of sodium & 13g of carbs for white milk.**

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|  | **DAYS OF WEEK**  |  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **Grade**  | **9th -12th** | **11/11** | **11/12** | **11/13** | **11/14** | **11/15** |  |  |
|  |   |   |  |  |  |  |  |
|  | **Component**  | **Min. Serving**  | **WG Breakfast Bar & Graham Cracker** | **WG Pancake Wrap** | **WG Oatmeal Round** | **WG English Muffin w/ Egg & Cheese** | **WG Granola Bar & Graham Cracker** |
| **Breakfast** | Fluid Milk (8oz = 1 cup)  | 8 oz.  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  |
| Grain (WGwhole)  | 2 oz eq.  | WG Breakfast Bar 24g & WG Graham Cracker 19g | WG Batter & Turkey Link 17g | WG Breakfast Round 30g | WG English Muffin 21g, Cheese 1g & Egg Patty 1g | WG Granola Bar 24g & Graham Cracker 19g |
| Fruit   | 1 cup   | Mixed Fruit 15g & Strawberry Kiwi Juice 14g | Fresh Apple 18g & Apple Juice 14g | Craisins 27g & Orange Juice 15g | Applesauce 15g & Grape Juice 20g | Diced Pears 17g & Fruit Punch 15g |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 360/7.5/1.5/155mg | 330/10/2.5/310mg | 450/8.5/2.5g/215mg | 355/9.5/3/5/630mg | 370/7.5/1.5/145mg |
|  | **Component**  | **Min. Serving**  | **Bosco Sticks** | **WG Rotini w/ Meat Sauce** | **BBQ Beef Meatballs**  | **Mac & Cheese** | **WG Breaded Chicken Nuggets** |
| **Lunch** | Fluid Milk (8oz = 1 cup)  | 8 oz.  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk |
| Grains (WGwhole)  | 2 oz eq.  | WG Breadsticks 32g | WG Rotini 164g | Brown Rice 144g | WG Elbow Pasta 82g & Graham Cracker 19g | WG Breading 14g & WG Roll 24g |
| Meat or Meat alt.  | 2 oz.  | Cheese 32g | Ground Beef 0g | Beef Meatballs 8g | Cheese 8g | Chicken Nuggets 14g |
| Vegetable  | 1 cup  | Cut Green Beans 8g | Romaine Lettuce 2g | Sliced Carrots 12g | Red Beans 40g | Mashed Potatoes 20g |
| Fruit  | 1 cup  | Tropical Fruit 44g | Cut Mandarin Segments 28g | Applesauce 44g | Pineapple Chunks 32g | Diced Pears 30g |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 495/9/2/875mg | 1095/16/4.5/421.9mg | 1200/26/8/1119mg | 920/18.5/12/1532mg | 625/19.5/4.25/1280mg |
| Salad Bar Option:Each Salad is served with a cup of fruit & milk | Everything Chicken Salad: Romaine (1cup), Everything Seasoned Diced Chicken (2oz), Shredded Carrots, Cheese & Ranch Dressing (2g) | Cobb Salad:Romaine (1cup), Diced Turkey (2oz), Tomatoes, Cucumbers, Shredded Cheese & Ranch (2g) | Chicken Ceasar Salad: Romaine (1cup), Diced Chicken (2oz), Croutons, Parmesan Cheese, Ranch (2g) | Taco Salad: Romaine (1cup), Ground Beef (2oz), Black Beans, Corn, Shredded Cheese, Tomatoes, Ranch (2g) | Garden Salad: Romaine (1 cup), Diced Chicken (2oz), Shredded Carrots, Sliced Onions, Cucumbers, Croutons & Italian Dressing 4g |

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**Depending on the type of milk the student chooses, it'll be an additional 150 calories, 2.5g of fat, 1.5g of saturated fat, 190mg of sodium, and 23g of carbs for chocolate milk or 110 calories, 2.5g of fat, 1.5g of saturated fat, 130mg of sodium & 13g of carbs for white milk.**

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|  | **DAYS OF WEEK**  |  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **Grade**  | **9th -12th** | **11/18** | **11/19** | **11/20** | **11/21** | **11/22** |  |  |
|  |   |   |  |  |  |  |  |
|  | **Component**  | **Min. Serving**  | **Yogurt w/ WG Granola** | **WG Biscuit w/ Turkey Patty** | **WG Triple Berry Crunch Bar** | **WG Honey Bun** | **WG Apple Jacks Cereal & Graham Cracker** |
| **Breakfast** | Fluid Milk (8oz = 1 cup)  | 8 oz.  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk |
| Grain (WGwhole)  | 2 oz eq.  | WG Granola 20g & Yogurt 12g | WG Biscuit 12g & Turkey Patty 0g | WG Breakfast Bar 43g | WG Breakfast Bun 30g | WG Cereal 24g & Graham Cracker 19g |
| Fruit   | 1 cup | Mixed Fruit 15g & Strawberry Kiwi Juice 14g | Fresh Apple 18g & Apple Juice 14g | Craisins 27g & Orange Juice 15g | Applesauce 15g & Grape Juice 20g | Diced Pears 17g & Fruit Punch 15g |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 320/3.5/0.5/140mg | 290/8.5/4/240mg | 410/6/2.5/120mg | 320/7/2g/220mg | 320/3/0.5/255mg |
|  | **Component**  | **Min. Serving**  | **Cheeseburger** | **Chicken Quesadilla** | **Chicken Alfredo** | **WG Breaded Chicken Tenders** | **Thanksgiving Lunch** |
| **Lunch** | Fluid Milk (8oz = 1 cup)  | 8 oz.  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free Flavored Sensitivity: Soy Milk  | 1% or Fat Free Unflavored or Fat Free FlavoredSensitivity: Soy Milk | 1% or Fat Free Unflavored or Fat Free FlavoredSensitivity: Soy Milk |
| Grains (WGwhole)  | 2 oz eq.  | WG Bun 19g & Graham Cracker 19g | WG Tortilla 38g | WG Penne Pasta 82g & WG Bread Slice 20g | WG Breading 16g & Graham Cracker 19g | WG Roll 24g |
| Meat or Meat alt.  | 2 oz.  | Beef Patty 0g & Cheese 1g | Diced Chicken & Cheese 38g | Diced Chicken 0g & Cheese 1g | Chicken Tenders 16g | Sliced Turkey Breast 0g |
| Vegetable  | 1 cup  | Sliced Carrots 12g | Cuban Style Black Beans 46g  | Cut Green Beans 8g | Broccoli Florets 3g | Mashed Potatoes 20g |
| Fruit  | 1 cup  | Tropical Fruit 44g | Cut Mandarin Segments 28g | Applesauce 44g | Pineapple Chunks 32g | Diced Pears 30g  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 620/23.5/8.5/725mg | 890/27/9g/1170mg | 1005/24/12/1220mg | 590/20/2.5/707mg | 649/15/3.75/1324mg |
| Salad Bar Option:Each Salad is served with a cup of fruit & milk | Everything Chicken Salad:Romaine (1cup), Everything Seasoned Diced Chicken (2oz), Shredded Carrots, Cheese & Ranch Dressing (2g) | Cobb Salad:Romaine (1cup), Diced Turkey (2oz), Tomatoes, Cucumbers, Shredded Cheese & Ranch (2g) | Chicken Ceasar Salad: Romaine (1cup), Diced Chicken (2oz), Croutons, Parmesan Cheese, Ranch (2g) | Taco Salad: Romaine (1cup), Ground Beef (2oz), Black Beans, Corn, Shredded Cheese, Tomatoes, Ranch (2g) | Garden Salad: Romaine (1 cup), Diced Chicken (2oz), Shredded Carrots, Sliced Onions, Cucumbers, Croutons & Italian Dressing 4g |

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**Depending on the type of milk the student chooses, it'll be an additional 150 calories, 2.5g of fat, 1.5g of saturated fat, 190mg of sodium, and 23g of carbs for chocolate milk or 110 calories, 2.5g of fat, 1.5g of saturated fat, 130mg of sodium & 13g of carbs for white milk.**

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|  | **DAYS OF WEEK**  |  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **Grade**  | **9th -12th** | **11/25** | **11/26** | **11/27** | **11/28** | **11/29** |  |  |
|  |   |   |  |  |  |  |  |
|  | **Component**  | **Min. Serving**  | **Closed – Holiday Break** | **Closed – Holiday Break** | **Closed – Holiday Break** | **Closed – Holiday Break** | **Closed – Holiday Break** |
| **Breakfast** | Fluid Milk (8oz = 1 cup)  | 8 oz.  |  |  |  |  |  |
| Grain (WGwhole)  | 2oz eq.  |  |  |  |  |  |
| Fruit   | 1 cup   |  |  |  |  |  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  |  |  |  |  |  |
|  | **Component**  | **Min. Serving**  |  |  |  |  |  |
| **Lunch** | Fluid Milk (8oz = 1 cup)  | 8 oz.  |  |  |  |  |  |
| Grains (WGwhole)  | 2 oz eq.  |  |  |  |  |  |
| Meat or Meat alt.  | 2 oz.  |  |  |  |  |  |
| Vegetable  | 1 cup  |  |  |  |  |  |
| Fruit  | 1 cup  |  |  |  |  |  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  |  |  |  |  |  |
| Salad Bar Option:Each Salad is served with a cup of fruit & milk |  |  |  |  |  |

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