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|  | **DAYS OF WEEK**  |  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **Grade**  | **K- 8**  | **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)  | 2 oz 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 |  |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | WG Cereal Bar 380/5/0/5/210mg/77g | WG Granola Bar & Graham Cracker 370/7.5/1.5/140mg/73g |  |  |  |
|  | **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)  | 1oz eq | WG Bun 19g | WG Tortilla 38g | WG Penne Pasta 82g & Graham Cracker 19g | WG Breading 16g & 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  | 3/4 cup  | Sliced Carrots 9g | Mexican Style Red Beans 30g  | Cut Green Beans 6g | Broccoli Florets 3g |  |
| Fruit  | 1/2 cup  | Tropical Fruit 22g | Cut Mandarin Segments 14g | Applesauce 22g | Pineapple Chunks 16g |  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 530/21/8.5/635mg | 535/8/2/1040mg | 905/23/12/1050mg | 500/17.5/2.5/617mg |  |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | Dairy Free Beef Hamburger470/2.5/1/245/61g | Dairy Free Chicken Enchilada 490/8/3/980/64g | Dairy Free Penne w/ Chicken650/4/0/536/125g |  |  |

 **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**  | **K- 8**  | **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 | 355/9.5/5/630mg | 370/7.5/1.5/145mg |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  |  |  |  | WG English Muffin w/ Egg Patty305/5/2.5g/380/57g |  |
|  | **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)  | 1oz eq | WG Breadsticks 32g | WG Rotini 82g | Brown Rice 72g | WG Elbow Pasta 82g | WG Breading 14g |
| Meat or Meat alt.  | 2 oz.  | Cheese 32g | Ground Beef 0g | Beef Meatballs 8g | Cheese 8g | Chicken Nuggets 14g |
| Vegetable  | 3/4 cup  | Cut Green Beans 6g | Romaine Lettuce 2g | Sliced Carrots 9g | Red Beans 30g | Mashed Potatoes 15g |
| Fruit  | 1/2 cup  | Tropical Fruit 22g | Cut Mandarin Segments 14g | Applesauce 22g | Pineapple Chunks 16g | Diced Pears 20g |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 495/9/2/875mg | 670/14/4.5/308.5mg | 860/23/8/1025mg | 830/16/12/1510mg | 495/17/3.25/1140mg |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | Dairy Free Chicken Sandwich515/14.5/3/1105/71g |  |  | Dairy Free Elbow Pasta w/ Chicken755/4/0/1215/128g  |  |

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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**  | **K- 8**  | **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 & 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 |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | WG Cereal Bar 380/5/0/5/210mg/77g |  |  |  |  |
|  | **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)  | 1oz eq | WG Bun 19g | WG Tortilla 38g | WG Penne Pasta 82g  | 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  | Chicken Tenders 16g | Sliced Turkey Breast 0g |
| Vegetable  | 3/4 cup  | Sliced Carrots 9g | Cuban Style Black Beans 46g  | Cut Green Beans 6g | Broccoli Florets 3g | Mashed Potatoes 15g |
| Fruit  | 1/2 cup  | Tropical Fruit 22g | Cut Mandarin Segments 14g | Applesauce 22g | Pineapple Chunks 16g | Diced Pears 20g  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  | 530/21/8.5/635mg | 565/8/2/875mg | 905/23/12/1050mg | 500/17.5/2.5/617mg | 554/15/3.75/1346.5mg |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | Dairy Free Beef Hamburger470/2.5/1/245/61g | Dairy Free Chicken Enchilada 520/8/3/837.5/68.5g | Dairy Free Penne w/ Chicken650/4/0/536/125g |  |  |

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|  | **DAYS OF WEEK**  |  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **Grade**  | **K- 8**  | **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)  | 2 oz eq.  |  |  |  |  |  |
| Fruit   | 1 cup   |  |  |  |  |  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  |  |  |  |  |  |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  |  |  |  |  |  |
|  | **Component**  | **Min. Serving**  |  |  |  |  |  |
| **Lunch** | Fluid Milk (8oz = 1 cup)  | 8 oz.  |  |  |  |  |  |
| Grains (WGwhole)  | 1oz eq |  |  |  |  |  |
| Meat or Meat alt.  | 2 oz.  |  |  |  |  |  |
| Vegetable  | 3/4 cup  |  |  |  |  |  |
| Fruit  | 1/2 cup  |  |  |  |  |  |
|  | Nutrition Facts:Cals/fat/sat fat, sod |  |  |  |  |  |  |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  |  |  |  |  |  |

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