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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **9th -12th** | **10/7** | **10/8** | **10/9** | **10/10** | **10/11** |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **Yogurt w/ WG Granola** | **WG Liege Waffle** | **WG Oatmeal Round** | **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 Round 30g | 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 | 450/12/4/282.9mg | 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) |  |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **9th** | **10/14** | **10/15** | **10/16** | **10/17** | **10/18** |  |  |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **Closed – Indigenous People’s Day** | **WG Pull Apart Donut** | **WG Oatmeal Round** | **WG Cinnamon Bar** | **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 |
| Grain (WGwhole) | 2 oz eq. |  | WG Donut 31g | WG Breakfast Round 30g | WG Breakfast Bar 41g | WG Granola Bar 24g & Graham Cracker 19g |
| Fruit | 1 cup |  | 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 |  |  | 370/11/4.5/370mg | 450/8.5/2.5g/215mg | 380/8/2.5g/310mg | 370/7.5/1.5/145mg |
|  | **Component** | **Min. Serving** |  | **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 |
| Grains (WGwhole) | 2 oz eq. |  | 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. |  | Ground Beef 0g | Beef Meatballs 8g | Cheese 8g | Chicken Nuggets 14g |
| Vegetable | 1 cup |  | Romaine Lettuce 2g | Sliced Carrots 12g | Red Beans 40g | Mashed Potatoes 20g |
| Fruit | 1 cup |  | Cut Mandarin Segments 28g | Applesauce 44g | Pineapple Chunks 32g | Diced Pears 30g |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  |  | 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 | | |  | 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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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **9th** | **10/21** | **10/22** | **10/23** | **10/24** | **10/25** |  |  |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **Yogurt w/ WG Granola** | **WG Chicken Sausage & Cheese Waffle** | **WG Apple Strudel** | **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 23g | WG Strudel 38g | 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 | 380/5/1/312.9mg | 320/7/2g/220mg |  |
|  | **Component** | **Min. Serving** | **Cheeseburger** | **Chicken Quesadilla** | **Chicken Alfredo** | **WG Breaded Chicken Tenders** |  |
| **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 |  |
| 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 |  |
| 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 | Cuban Style Black Beans 46g | Cut Green Beans 8g | Broccoli Florets 3g |  |
| 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 | 890/27/9g/1170mg | 1005/24/12/1220mg | 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) |  |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **9th** | **10/28** | **10/29** | **10/30** | **10/31** | **11/1** |  |  |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **WG Granola Bar & Graham Cracker** | **WG Pull Apart Donut** | **WG Oatmeal Round** | **WG Cinnamon Bar** | **WG Chocolate Oatmeal 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) | 2oz eq. | WG Granola Bar 24g & Graham Cracker 19g | WG Donut 31g | WG Breakfast Round 30g | WG Breakfast Bar 41g | WG Granola Bar 23g & 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 | 370/11/4.5/370mg | 450/12/4/282.9mg | 380/8/2.5g/310mg | 360/7/1/170mg |
|  | **Component** | **Min. Serving** | **Bosco Sticks** | **WG Rotini w/ Meat Sauce** | **Salisbury Steak** | **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 Patty 0g | 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 | 1075/24/6/594mg | 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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