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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **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) | 2 oz 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 |  |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | WG Chocolate Croissant  360/8/1.5/290/67g | WG Liege Waffle  380/9/4/290/71g |  |  |  |
|  | **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 Hamburger  470/2.5/1/245/61g | Dairy Free Chicken Enchilada  490/8/3/980/64g | Dairy Free Penne w/ Chicken  650/4/0/536/125g |  |  |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **10/14** | **10/15** | **10/16** | **10/17** | **10/18** |  |  |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **Closed – Indigenous Peoples 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 |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  |  |  |  | WG Honey Bun 320/7/2g/220/65g |  |
|  | **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) | 1oz eq |  | WG Rotini 82g | Brown Rice 72g | WG Elbow Pasta 82g | WG Breading 14g |
| Meat or Meat alt. | 2 oz. |  | Ground Beef 0g | Beef Meatballs 8g | Cheese 8g | Chicken Nuggets 14g |
| Vegetable | 3/4 cup |  | Romaine Lettuce 2g | Sliced Carrots 9g | Red Beans 30g | Mashed Potatoes 15g |
| Fruit | 1/2 cup |  | Cut Mandarin Segments 14g | Applesauce 22g | Pineapple Chunks 16g | Diced Pears 20g |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  |  | 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 Elbow Pasta w/ Chicken  755/4/0/1215/128g |  |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **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 |  |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | WG Chocolate Croissant  360/8/1.5/290/67g | WG Liege Waffle  380/9/4/290/71g |  |  |  |
|  | **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) | 1oz eq | WG Bun 19g | WG Tortilla 38g | WG Penne Pasta 82g | 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 | Chicken Tenders 16g |  |
| Vegetable | 3/4 cup | Sliced Carrots 9g | Cuban Style Black Beans 46g | 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 | 565/8/2/875mg | 905/23/12/1050mg | 500/17.5/2.5/617mg |  |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | Dairy Free Hamburger  470/2.5/1/245/61g | Dairy Free Chicken Enchilada  520/8/3/837.5/68.5g | Dairy Free Penne w/ Chicken  650/4/0/536/125g |  |  |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **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) | 2 oz 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 |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  |  |  |  | WG Honey Bun 320/7/2g/220/65g |  |
|  | **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) | 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 Patty 0g | 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 | 735/18/6/450mg | 830/16/12/1510mg | 495/17/3.25/1140mg |
|  | Dairy Free Option: Cals, fat, sat/fat, sod, carbs |  | Dairy Free Chicken Sandwich  515/14.5/3/1105/71g |  |  | Dairy Free Elbow Pasta w/ Chicken  755/4/0/1215/128g |  |

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