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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **9/2** | **9/3** | **9/4** | **9/5** | **9/6** |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **CLOSED – LABOR DAY** | **WG Liege Waffle** | **WG Crumb Cake** | **WG Honey Bun** | **WG Oatmeal Round** |
| **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) | 1 oz eq. |  | WG Waffle 68g | WG Crumb Cake 85g | WG Breakfast Bun 63.79g | WG Breakfast Round 56.7g |
| Fruit | 1 cup |  | Fresh Apple 128g & Fruit Juice 119.92g | Craisins 32.9g & Fruit Juice 119.92g | Applesauce 127.57g & Fruit Juice 119.92g | Diced Pears 113g & Fruit Juice 119.92g |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  |  | 380/9/4g/60mg | 420/7/1g/200mg | 320/7/2g/220mg | 410/12/4g/250mg |
|  | **Component** | **Min. Serving** |  | **Salisbury Steak** | **Bosco Sticks** | **WG Rotini w/ Meat Sauce** | **WG Breaded Chicken Nuggets** |
| **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. |  | Brown Rice 94g | WG Breadsticks 110.56g | WG Rotini 113.4g | WG Chicken Nuggets 94g & WG Roll 43g |
| Meat or Meat alt. | 2 oz. |  | Beef Patty 75g | Cheese | Ground Beef 56g | Chicken Nuggets 94g |
| Vegetable | 1 cup |  | Cut Green Beans 180g | Broccoli Florets 85g | Steamed Baby Carrots 60g | Mashed Potatoes 186g |
| Fruit | 1 cup |  | Cut Mandarin Segments 140g | Applesauce 127.57g | Pineapple Chunks 122g | Banana 118g |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  |  | 645/15/6g/775mg | 545/12/4g/385mg | 783/18/5.5g/490mg | 645/19.5/4.25g/1030mg |
| Salad Bar Option:  Each Salad is served with a cup of fruit & milk | | |  | Cobb Salad:  Romaine (1cup), Diced Turkey (1oz), Diced Eggs (1oz), Diced Tomatoes, Sliced Cucumbers, Shredded Cheese & Ranch Dressing | Strawberry Granola Salad: Spinach (1cup), Granola, Diced Chicken (2oz), Balsamic Vinaigrette | Taco Salad: Romaine (1cup), Ground Beef (2oz), Black Beans, Corn, Shredded Cheese, Diced Tomatoes, Southwest Ranch | Garden Salad: Romaine (1cup), Diced Chicken (2oz), Shredded Carrots, Sliced Onions, Sliced Cucumbers, Croutons, & Italian Dressing |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **9/9** | **9/10** | **9/11** | **9/12** | **9/13** |  |  |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **WG Chocolate Muffin** | **WG Chocolate Croissant** | **WG Granola Bar & WG Crackers** | **WG Cinnamon Bar** | **CLOSED – PD DAY** |
| **Breakfast** | Fluid Milk  (8oz = 1 cup) | 8 oz. | 1% or Fat Free  Unflavored or FF 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) | 1 oz eq. | WG Muffin 91g | WG Croissant 65g | WG Bar 43g & WG Crackers 25.51g | WG Breakfast Bar 66g |  |
| Fruit | 1 cup | Mixed Fruit 113g & Fruit Juice 119.92g | Fresh Apple 128g & Fruit Juice 119.92g | Craisins 32.9g & Fruit Juice 119.92g | Applesauce 127.57g & Fruit Juice 119.92g |  |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  | 390/7/2g/300mg | 370/8/1.5g/290mg | 450/8.5/2.5g/215mg | 380/8/2.5g/310mg |  |
|  | **Component** | **Min. Serving** | **WG Breaded Chicken Tenders** | **Cheeseburger** | **Mac & Cheese** | **Chicken Quesadilla** |  |
| **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 Breading 95g & Graham Cracker 25.51g | WG Bun 43g | WG Elbow Pasta 113.4g & Graham Cracker 25.51g | WG Tortilla 141g |  |
| Meat or Meat alt. | 2 oz. | Chicken Tenders 95g | Beef Patty 75g & Cheese 14g | Cheese 90g | Diced Chicken Cheese 141g |  |
| Vegetable | 1 cup | Broccoli Florets 85g | Cut Green Beans 180g | Steamed Baby Carrots 60g | Mexicali Corn 187.5g |  |
| Fruit | 1 cup | Tropical Fruit 123g | Cut Mandarin Segments 140g | Applesauce 127.57g | Pineapple Chunks 122g |  |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  | 615/23/4.5g/595mg | 510/21/8.5g/915mg | 763/20/13g/887.5mg | 500/10/12g/940mg |  |
| Salad Bar Option:  Each Salad is served with a cup of fruit & milk | | | Everything Avocado Chicken  Salad:  Romaine (1cup), Everything Seasoned Diced Chicken (2oz), Diced Avocados, Shredded Carrots, Cheese & Ranch Dressing | Cobb Salad:  Romaine (1cup), Diced Turkey (1oz), Diced Eggs (1oz), Diced Tomatoes, Sliced Cucumbers, Shredded Cheese & Ranch Dressing | Strawberry Granola Salad: Spinach (1cup), Granola, Diced Chicken (2oz), Balsamic Vinaigrette | Taco Salad: Romaine (1cup), Ground Beef (2oz), Black Beans, Corn, Shredded Cheese, Diced Tomatoes, Southwest Ranch |  |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **9/16** | **9/17** | **9/18** | **9/19** | **9/20** |  |  |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **WG Breakfast Bar & WG Cracker** | **WG Liege Waffle** | **WG Crumb Cake** | **WG Honey Bun** | **WG Oatmeal Round** |
| **Breakfast** | Fluid Milk  (8oz = 1 cup) | 8 oz. | 1% or Fat Free  Unflavored or FF 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) | 1 oz eq. | WG Bar 36.85g & WG Cracker 25.51g | WG Waffle 68g | WG Crumb Cake 85g | WG Breakfast Bun 63.79g | WG Breakfast Round 56.7g |
| Fruit | 1 cup | Mixed Fruit 113g & Fruit Juice 119.92g | Fresh Apple 128g & Fruit Juice 119.92g | Craisins 32.9g & Fruit Juice 119.92g | Applesauce 127.57g & Fruit Juice 119.92g | Diced Pears 113g & Fruit Juice 119.92g |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  | 390/9/2.5g/155mg | 380/9/4g/60mg | 420/7/1g/200mg | 320/7/2g/220mg | 410/12/4g/250mg |
|  | **Component** | **Min. Serving** | **Cheese Pizza** | **BBQ Beef Meatballs** | **Bosco Sticks** | **WG Elbow Pasta w/ Meat Sauce** | **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 Crust 130g | Brown Rice 94g & Graham Cracker 25.51g | WG Breadsticks 109.42g | WG Elbow Pasta 113.4g & Graham Cracker 25.51g | WG Chicken Nuggets 94g & WG Roll 43g |
| Meat or Meat alt. | 2 oz. | Cheese 130g | Beef Meatballs 122g | Cheese 109.42g | Ground Beef 56g | Chicken Nuggets 94g |
| Vegetable | 1 cup | Red Beans 195g | Cut Green Beans 180g | Broccoli Florets 85g | Steamed Baby Carrots 60g | Mashed Potatoes 186g |
| Fruit | 1 cup | Tropical Fruit 123g | Cut Mandarin Segments 140g | Applesauce 127.57g | Pineapple Chunks 122g | Fresh Apple 128g |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  | 535/11/3.5g/1050mg | 890/27/9g/1170mg | 545/12/4g/385mg | 783/18/5.5g/490mg | 645/19.5/4.25g/1030mg |
| Salad Bar Option:  Each Salad is served with a cup of fruit & milk | | | Everything Avocado Chicken  Salad:  Romaine (1cup), Everything Seasoned Diced Chicken (2oz), Diced Avocados, Shredded Carrots, Cheese & Ranch Dressing | Cobb Salad:  Romaine (1cup), Diced Turkey (1oz), Diced Eggs (1oz), Diced Tomatoes, Sliced Cucumbers, Shredded Cheese & Ranch Dressing | Strawberry Granola Salad: Spinach (1cup), Granola, Diced Chicken (2oz), Balsamic Vinaigrette | Taco Salad: Romaine (1cup), Ground Beef (2oz), Black Beans, Corn, Shredded Cheese, Diced Tomatoes, Southwest Ranch | Garden Salad: Romaine (1cup), Diced Chicken (2oz), Shredded Carrots, Sliced Onions, Sliced Cucumbers, Croutons, & Italian Dressing |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **9/23** | **9/24** | **9/25** | **9/26** | **9/27** |  |  |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **WG Chocolate Muffin** | **WG Chocolate Croissant** | **WG Granola Bar & WG Crackers** | **WG Cinnamon Bar** | **CLOSED – PD DAY** |
| **Breakfast** | Fluid Milk  (8oz = 1 cup) | 8 oz. | 1% or Fat Free  Unflavored or FF 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) | 1 oz eq. | WG Muffin 91g | WG Croissant 65g | WG Bar 43g & WG Crackers 25.51g | WG Breakfast Bar 66g |  |
| Fruit | 1 cup | Mixed Fruit 113g & Fruit Juice 119.92g | Fresh Apple 128g & Fruit Juice 119.92g | Craisins 32.9g & Fruit Juice 119.92g | Applesauce 127.57g & Fruit Juice 119.92g |  |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  | 390/7/2g/300mg | 370/8/1.5g/290mg | 450/8.5/2.5g/215mg | 380/8/2.5g/310mg |  |
|  | **Component** | **Min. Serving** | **WG Breaded Chicken Tenders** | **Cheeseburger** | **Mac & Cheese** | **Chicken Quesadilla** |  |
| **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 Breading 95g & Graham Cracker 25.51g | WG Bun 43g | WG Elbow Pasta 113.4g & Graham Cracker 25.51g | WG Tortilla 141g |  |
| Meat or Meat alt. | 2 oz. | Chicken Tenders 95g | Beef Patty 75g & Cheese 14g | Cheese 90g | Diced Chicken Cheese 141g |  |
| Vegetable | 1 cup | Broccoli Florets 85g | Cut Green Beans 180g | Steamed Baby Carrots 60g | Cuban Style Black Beans 195g |  |
| Fruit | 1 cup | Tropical Fruit 123g | Cut Mandarin Segments 140g | Applesauce 127.57g | Pineapple Chunks 122g |  |
|  | Nutrition Facts:  Cals/fat/sat fat, sod |  | 615/23/4.5g/595mg | 510/21/8.5g/915mg | 763/20/13g/887.5mg | 545/10/12g/1034mg |  |
| Salad Bar Option:  Each Salad is served with a cup of fruit & milk | | | Everything Avocado Chicken  Salad:  Romaine (1cup), Everything Seasoned Diced Chicken (2oz), Diced Avocados, Shredded Carrots, Cheese & Ranch Dressing | Cobb Salad:  Romaine (1cup), Diced Turkey (1oz), Diced Eggs (1oz), Diced Tomatoes, Sliced Cucumbers, Shredded Cheese & Ranch Dressing | Strawberry Granola Salad: Spinach (1cup), Granola, Diced Chicken (2oz), Balsamic Vinaigrette | Taco Salad: Romaine (1cup), Ground Beef (2oz), Black Beans, Corn, Shredded Cheese, Diced Tomatoes, Southwest Ranch |  |

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|  | **DAYS OF WEEK** |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Grade** | **K- 8** | **9/30** | **10/1** | **10/2** | **10/3** | **10/4** |  |  |
|  |  |  |  |  |  |  |  |
|  | **Component** | **Min. Serving** | **WG Breakfast Bar & WG Cracker** | **WG Liege Waffle** | **WG Crumb Cake** | **WG Honey Bun** | **WG Oatmeal Round** |
| **Breakfast** | Fluid Milk  (8oz = 1 cup) | 8 oz. | 1% or Fat Free  Unflavored or FF 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) | 1 oz eq. | WG Bar 36.85g & WG Cracker 25.51g | WG Waffle 68g | WG Crumb Cake 85g | WG Breakfast Bun 63.79g | WG Breakfast Round 56.7g |
| Fruit | 1 cup | Mixed Fruit 113g & Fruit Juice 119.92g | Fresh Apple 128g & Fruit Juice 119.92g | Craisins 32.9g & Fruit Juice 119.92g | Applesauce 127.57g & Fruit Juice 119.92g | Diced Pears 113g & Fruit Juice 119.92g |
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|  | **Component** | **Min. Serving** | **Cheese Pizza** | **BBQ Beef Meatballs** | **Bosco Sticks** | **WG Elbow Pasta w/ Meat Sauce** | **WG Breaded Chicken Nuggets** |
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| Grains (WGwhole) | 2 oz eq. | WG Crust 130g | Brown Rice 94g & Graham Cracker 25.51g | WG Breadsticks 109.42g | WG Elbow Pasta 113.4g & Graham Cracker 25.51g | WG Chicken Nuggets 94g & WG Roll 43g |
| Meat or Meat alt. | 2 oz. | Cheese 130g | Beef Meatballs 122g | Cheese 109.42g | Ground Beef 56g | Chicken Nuggets 94g |
| Vegetable | 1 cup | Red Beans 195g | Cut Green Beans 180g | Broccoli Florets 85g | Steamed Baby Carrots 60g | Mashed Potatoes 186g |
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