



Breakfast/Lunch 1 Week Cycle Menu April 23, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Choose One Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Cereal Bar (to be announced)	Choose One Assorted Cracker* (19-22g)/Sun Butter (14g)	Choose One Cereal Bar (to be announced)	Choose One Assorted Bagel (29-35g)/Cream Cheese (2g)
NO PORK, NUT OR SEAFOOD PRODUCTS OFFERED. NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.		1% low-fat white milk (13g) or fat-free chocolate milk (22g) are offered with breakfast meals. Orange juice (14g) or apple juice (14g) and/or fresh fruit is included with breakfast. A combination of the following may be used with or without daily menu items above to prepare a complete breakfast: Assorted Cereals (20-28g) *Goldfish Graham Cracker (19g) *Strawberry Waffle Graham (21g) *Nutrition Education Cracker (22g) Muffins (26-29g) Cheese Stick (1g)		

LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
	**Cheese pizza (33g) or Pepperoni pizza (44g) or Cold Entrée Salad of Choice + Cheez-its (14g) or Goldfish Pretzel (20g)	Cold Italian Sub (31g) or **WOW Sandwich (55g)	**Taco Hummus (18g) or Turkey Stick (0g), Cheese Stick (1g) & Tortilla Strips (23g) or Cold Entrée Salad of Choice	Turkey and Cheese Sub (29g) or **WOW Sandwich (55g)	**Vegetable Salad with Cheese and Egg + Cheez-its (14g) or Goldfish Pretzel (20g) or Cook's Entrée Choice
	Fresh or hot vegetable and fresh or frozen fruit	Fresh or hot vegetable and fresh or frozen fruit	Fresh or hot vegetable and fresh or frozen fruit	Fresh vegetable or hot and fresh or frozen fruit	Fresh vegetable or hot and fresh or frozen fruit

Either 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered at both breakfast and lunch. Grams of carbohydrate in each food listed in parenthesis (g). **Meatless food item is available at lunch daily. Menu subject to change. This institution is an equal opportunity provider. Revised 4/23/2020