Breakfast MONDAY Lunch		Breakfast TUESDAY Lunch		Breakfast WEDNESDAY Lunch		Breakfast THURSDAY Lunch		Breakfast FRIDAY Lunch						
1 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	WG Chicken Patty 2oz Amer Cheese 1oz WG Bun 2 oz Sweet Potato Fries 1/2 cup Green Peas 1/2 cup Fruit 1 cup Milk 1 cup	2 Egg Patty 1 oz Amer Cheese 1oz WG Bun 1.75 oz Fruit 1/2 cup Yogurt 4oz Milk 1 cup Juice 1/2 cup	Salisbury Steak: Beef Patty 2oz Beef Gravy 1/4 cup Mashed Potato 1/2 Cup Carrots 1/2 cup WG Biscuit 2oz Fruit 1 cup Milk 8 oz	3 WG French Toast 1 slice/1 oz Yogurt 4oz Fruit 1 cup Milk 1 cup	Grilled Chicken Strips 2oz Chicken Gravy 1/4 cup Brown Rice ½ cup Broccoli 1 cup WG Biscuit 2 oz Fruit 1 cup Milk 8oz	4 WG Waffles 2 oz Cereal 3/4 cup Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Turkey Taco Meat 3.5 oz 2 WG Taco Shell 2oz Lettuce 1 cup Tomatoes 1/2 cup Bean Salad 1/2 cup Fruit 1 cup Milk 1 cup	5 WG Pancakes 2oz Yogurt 4oz Fruit 1 cup Milk 1 cup	WG Fish Sticks 20z/4pcs WG Bun 20z Green Bean 1/2C Sweet Potato Fries 1/2 Cup Fruit 1 cup Milk 1 cup		High Sc Drder by July REDUCED Breakfast		REDUCED Breakfast	
8 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	Cheeseburger: Beef Patty 2oz Amer Cheese 1oz/2 slices WW Bun 2oz Baked Bean ½ cup Cole Slaw 1/2 cup Fruit 1 Cup Milk 1 Cup	9 Turkey Sausage 2oz WG Bun 1.75 oz Fruit 1/2 cup Yogurt 4oz Milk 1 cup Juice 1/2 cup	Chicken Nuggets 4pcs/2 oz Sweet Potato Fries 1/2 cup Green Peas 1/2 cup WG Biscuit 2 oz Fruit 1 cup Milk 1 cup	10 WG French Toast 1 slice/1 oz Yogurt 4oz Fruit 1 cup Milk 1 cup	WG Pizza 2 oz Salad 1 cup Tomatoes 1/2 cup Cooked Carrots 1/2 cup Fruit 1 cup Milk 1 cup	11 Waffles 2 oz Cereal ¾ cup Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	WG Penne ½ cup Beef Crumble 2oz Marinara ¼ cup Mozzarella .5 oz Green Bean 1 cup WG Bread Stick 1 oz Fruit 1 cup Milk 1 cup	12 WG Pancakes 2oz Yogurt 4oz Fruit 1 cup Milk 1 cup	Grilled Sandwich Turkey Ham 3oz/4 slices Amer Cheese 1oz/2 slices WG Bread 2 oz Potato Wedges 1/2 cup Broccoli 1/2 cup Fruit 1 cup Milk 1 cup	9 10 11 12 15 School	Closed	For	Summer	Break
15 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	WG Chicken Patty 2oz Amer Cheese 1oz WG Bun 2 oz Sweet Potato Fries 1/2 cup Green Peas 1/2 cup Fruit 1 cup Milk 1 cup									Check dates to order meals. Student Name Parent/Guardian Name Teacher Name Meals Served in School Please check off the days your child needs a meal and return to school with payment if your child is in the reduced and paid category.				
										MILK IS PF If an alterna indicate on y meal that da	st/Lunch M COVIDED WITH tive meal is requination our order form y. Juice will only IECK OFF THE MENT	HEACH LU iired due to and we will / be served t	INCH. Please a food allergy, provide a subs twice a week in	<u>e note:</u> s <u>stitute</u> <u>1 AM</u>