

## BREAKFAST

**Cinnamon Roll**<sup>^WG</sup> 232 cal/38 carb ▪ **Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Cheese or Meateater's Pizza**<sup>^~\*WG</sup> 236/349 cal/27/29 carb ▪ **Baby Carrots** 35 cal/8 carb

**Applesauce Cup** 50 cal/15 carb ▪ **Milk** 90-120 cal/13-20 carb

## SUPPER

**Peanut Butter + Jelly Sandwich**<sup>WG</sup> 631 cal/64 carb

**OR Cheese Croissant Sandwich**<sup>^WG</sup> 330 cal/30 carb ▪ **Roasted Chickpeas** 160 cal/24 carb

**Dried Fruit Mix** 120 cal/30 carb ▪ **Milk** 90-120 cal/13-20 carb

## SNACK

**Snack Kit**<sup>^WG</sup> 200 cal/43 carb

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**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>Ⓟ</sup>, WG Bagel, Veggie Juice, Craisins, Carrots and Milk

\*Menu subject to change due to product supply. This institution is an equal opportunity provider.

*Food Allergy Awareness: Some of our food products may have come in contact with or contain dairy, eggs, fish, peanuts, shellfish, soy, tree nuts and wheat. Please check our website for nutrients and allergen information.*

Menu Key:

~ Beef cal Calories IW Individually Wrapped ^ Meatless  
Ⓟ Peanuts \* Pork ^ Poultry ' Vegan WG Whole Grain

## BREAKFAST

**Multi-Grain Cheerios<sup>WG</sup>** 100 cal/23 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Chicken Drumstick<sup>+WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup>** 330 cal/70 carb

**Salsa Cup** 25 cal/5 carb ▪ **Craisins** 110 cal/xx carb ▪ **Milk** 90-120 cal/13-20 carb

## SUPPER

**Yogurt<sup>^</sup> + Granola<sup>WG</sup>** 180/220 cal/38/47 carb ▪ **Veggie Juice** 40 cal/10 carb

**OR Roasted Chickpeas** 160 cal/24 carb

**Blueberry Cup** 40 cal/xx carb ▪ **Milk** 90-120 cal/13-20 carb

## SNACK

**Cheese Crackers<sup>^WG</sup>** 100 cal/14 carb ▪ **Capri Sun Juice** 80 cal/21 carb

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<sup>PD</sup> Peanuts \* Pork <sup>^</sup> Poultry <sup>^</sup> Vegan WG Whole Grain

## BREAKFAST

**Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup>** 130/70 cal/25/2 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Cheese Crunchers<sup>^WG</sup> w/ Broccoli** 440 cal/45 carb

**Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

## SUPPER

**Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup>** 236-270 cal/70 carb ▪ **Fresh Fruit** 30-96 cal/7-26 carb

**Celery + Grape Tomatoes w/ Ranch** 11/55 cal/7/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## SNACK

**Cereal Bowl<sup>WG</sup>** 100 cal/23 carb **OR Raspberry Bar<sup>^WG</sup>** 231 cal/35 carb

**Milk** 90-120 cal/13-20 carb

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## BREAKFAST

**Cereal<sup>^WG</sup>** 100 cal/23 carb ▪ **Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**French Toast Sticks<sup>WG</sup> w/ Sausage\*** 344 cal/35 carb ▪ **Mixed Fruit** 68 cal/18 carb

**Celery w/ Peanut Butter Cup<sup>P</sup>** 3/200 cal/7 carb ▪ **Milk** 90-120 cal/13-20 carb

## SUPPER

**Twisted Blueberry Sticks<sup>^WG</sup>** 380 cal/48 carb

**OR Cheese Sticks + Pretzel<sup>^WGIW</sup>** 118/140 cal/2/30 carb

**Veggie Juice** 40 cal/10 carb ▪ **Fruit Sorbet** 77 cal/21 carb ▪ **Milk** 90-120 cal/13-20 carb

## SNACK

**Grahams<sup>^WG</sup>** 120 cal/9 carb ▪ **Milk** 90-120 cal/13-20 carb

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## BREAKFAST

**Raspberry Bar**<sup>^WG</sup> 231 cal/35 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Turkey Ham<sup>+</sup> + Cheese Sandwich**<sup>WGIW</sup> 227-280 cal/70 carb

**Cucumber Slices w/ Ranch** 3/55 cal/15 carb

**Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

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## BREAKFAST

**Pancakes**<sup>^WG</sup> 210-220 cal/25/2 carb

**OR Turkey Ham<sup>+</sup> + Cheese on Hawaiian Bun**<sup>WG</sup> 186 cal/27 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Cheese Cavatappi**<sup>^WG</sup> 428 cal/36 carb **OR Manager's Choice**

**Marinara Cup** 45 cal/7 carb ▪ **Dried Fruit Mix** 120 cal/30 carb ▪ **Milk** 90-120 cal/13-20 carb

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<sup>^D</sup> Peanuts \* Pork <sup>+</sup> Poultry <sup>'</sup> Vegan WG Whole Grain

## BREAKFAST

**Egg + Cheese Wrap<sup>WG</sup>** 180 cal/14 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Veggie Burger<sup>v</sup> on Bun<sup>WG</sup> w/ Crinkle Cut Potatoes** 379 cal/52 carb

**OR Manager's Choice**

**Strawberry Cup** 90 cal/22 carb ▪ **Milk** 90-120 cal/13-20 carb

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