

# NOVEMBER 2020 GRAB + GO CAFE MEALS

| MONDAY<br>11/2/20   |  | TUESDAY<br>11/3/20 |   | WEDNESDAY<br>11/4/20 + 11/5/20 ALL SITES CLOSED ON THURSDAY                                   |   | FRIDAY<br>11/6/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |  |
|---|--|--------------------|---|---|---|---|--|
| CAL   |  | CAL                |   | BREAKFAST CAL   |   | CAL   |  |
| <b>Cinnamon Roll<sup>^WG</sup></b> <b>232</b>                     |  | NO SCHOOL          | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> <b>130/70</b>       | <b>Egg + Cheese Wrap<sup>^WG</sup></b> <b>180</b>   | <b>Raspberry Bar<sup>^WG</sup></b> <b>231</b>                             | <b>Pancakes<sup>^WG</sup></b> <b>210-220</b>                | <b>Cinnamon Chex<sup>^WG</sup></b> <b>230</b>                    |
| Orange Juice 60   |  |                    | Orange Juice 60   | Orange Juice 60   | Orange Juice 60   | Orange Juice 60   | Orange Juice 60  |
| Milk 90-120   |  |                    | Milk 90-120   | Milk 90-120   | Milk 90-120   | Milk 90-120   | Milk 90-120  |
| LUNCH   |  |                    |   |   |   |   |  |
| <b>Pizza<sup>^WG</sup></b> <b>310-349</b>                         |  | NO SCHOOL          | <b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> <b>236-270</b> | <b>Chicken Drumstick<sup>^WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup></b> <b>330/70</b> | <b>French Toast Sticks<sup>WG</sup> w/ Sausage<sup>*</sup></b> <b>344</b> | <b>Hard Cooked Eggs Protein Pack<sup>^</sup></b> <b>295</b> | <b>Yogurt<sup>^</sup> w/ Granola<sup>WG</sup></b> <b>180/220</b> |
| Broccoli w/ Ranch 15/55   |  |                    | Grape Tomatoes w/ Ranch 18/55   | Blueberry Cup 40  | Applesauce Cup 50   | Craisins 110  | Celery w/ Peanut Butter Cup <sup>p</sup> 3/200                   |
| Applesauce Cup 50   |  |                    | Dried Fruit Mix 120   | Milk 90-120   | Fresh Fruit 30-96   | Milk 90-120   | Mixed Berry Cup 90   |
| Milk 90-120   |  | Milk 90-120        |   | Milk 90-120   |   | Milk 90-120   |  |
| SUPPER  |  |                    |   |   |   |   |  |
| <b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> <b>342</b> |  | NO SCHOOL          | <b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> <b>631</b>           | <b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> <b>227-280</b>                 |   |   |  |
| Salsa Cup 25  |  |                    | Veggie Juice 40   | Celery w/ Ranch 3/55  |   |   |  |
| Strawberry Cup 90   |  |                    | Fresh Fruit 30-96   | Fruit Sorbet 77   |   |   |  |
| Milk 90-120   |  | Milk 90-120        | Milk 90-120   |   |   |   |  |
| SNACK   |  |                    |   |   |   |   |  |
| <b>Cereal Bowl<sup>WG</sup></b> <b>100</b>                        |  | NO SCHOOL          | <b>Hummus Cup<sup>^</sup></b> <b>110</b>                                  | <b>Cereal Bar<sup>^WG</sup></b> <b>140</b>  |   |   |  |
| Milk 90-120   |  |                    | Baby Carrots 35   | Capri Sun Juice 80  |   |   |  |
|   |  |                    | Orange Juice 60   |   |   |   |  |

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Menu subject to change due to product supply.

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

#### ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>p</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR Cheddar Cheese Cup<sup>^</sup> · Cheese Stick<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

This institution is an equal opportunity provider.

# NOVEMBER 2020 GRAB + GO CAFE MEALS

| MONDAY<br>11/9/20 |  | TUESDAY<br>11/10/20 |  | WEDNESDAY<br>11/11/20 + 11/12/20 ALL SITES CLOSED ON THURSDAY |                         | FRIDAY<br>11/13/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY       |                          |  |              |                                 |  |        |
|-------------------|--|---------------------|--|---|-------------------------|--|--------------------------|--|--------------|---------------------------------|--|--------|
| CAL               |  | CAL                 |  | CAL   |                         | CAL  |                          |  |              |                                 |  |        |
| <b>BREAKFAST</b>  |  |                     |  |   |                         |  |                          |  |              |                                 |  |        |
| NO SCHOOL         | Rice Krispies <sup>^WG</sup>                               | 100                 | Bagel <sup>WG</sup> w/ Cream Cheese <sup>^</sup> | Egg + Cheese Wrap <sup>^WG</sup>                              | 180                     | Pancakes <sup>^WG</sup>  | 210-220                  | Raspberry Bar <sup>^WG</sup>                           | 231          | Cinnamon Chex <sup>^WG</sup>    | 230                                      |        |
|                   | Orange Juice   | 60                  |  | 130/70  | Orange Juice            | 60   | Orange Juice             | 60   | Orange Juice | 60                              | Orange Juice                             | 60     |
|                   | Milk   | 90-120              | Orange Juice                                     | 60  | Milk                    | 90-120   | Milk                     | 90-120   | Milk         | 90-120                          | Milk                                     | 90-120 |
| <b>LUNCH</b>      |  |                     |  |   |                         |  |                          |  |              |                                 |  |        |
| NO SCHOOL         | Turkey Ham <sup>+</sup> + Cheese Sandwich <sup>WG IW</sup> | 227-280             | Chicken Nuggets <sup>^WG</sup> w/ Corn           | Potato Crunch Fish Sandwich <sup>^WG</sup>                    | 360                     | Thai Sweet Chili Chicken <sup>+</sup> w/ Veggie Rice <sup>WG</sup> | 301                      | Turkey <sup>+</sup> + Cheese Sandwich <sup>WG IW</sup> | 236-270      | Cheese Cavatappi <sup>^WG</sup> | 428                                      |        |
|                   | Hummus Cup   | 110                 | Fresh Fruit                                      | 30-96   | Grape Tomatoes w/ Ranch | 18/55  | Cucumber Slices w/ Ranch | 8/55   | Baby Carrots | 35                              | Celery w/ Peanut Butter Cup <sup>p</sup> | 3/200  |
|                   | Applesauce Cup   | 50                  | Milk   | 90-120  | Blueberry Cup           | 40   | Fresh Fruit              | 30-96  | Fruit Sorbet | 77                              | Strawberry Cup                           | 90     |
|                   | Milk   | 90-120              |  |   | Milk                    | 90-120   | Milk                     | 90-120   | Milk         | 90-120                          | Milk                                     | 90-120 |
| <b>SUPPER</b>     |  |                     |  |   |                         |  |                          |  |              |                                 |  |        |
| NO SCHOOL         | Yogurt <sup>^</sup> + Granola <sup>WG</sup>                | 180/220             | Hard Cooked Eggs Protein Pack <sup>^</sup>       | Turkey <sup>+</sup> + Cheese Sandwich <sup>WG IW</sup>        | 236-270                 |  |                          |  |              |                                 |  |        |
|                   | Veggie Juice   | 40                  | Cereal Bar <sup>^WG</sup>                        | 140   | Salsa Cup               | 25   |                          |  |              |                                 |  |        |
|                   | Mixed Berry Cup  | 90                  | Dried Fruit Mix                                  | 120   | Fresh Fruit             | 30-96  |                          |  |              |                                 |  |        |
|                   | Milk   | 90-120              | Milk   | 90-120  | Milk                    | 90-120   |                          |  |              |                                 |  |        |
| <b>SNACK</b>      |  |                     |  |   |                         |  |                          |  |              |                                 |  |        |
| NO SCHOOL         | Cheddar Cheese Cup + Pretzel <sup>^WG IW</sup>             | 190/140             | Cereal Bowl <sup>WG</sup>                        | 100   | Peanut Cup <sup>p</sup> | 200  |                          |  |              |                                 |  |        |
|                   |  |                     | Milk   | 90-120  | Grahams <sup>WG</sup>   | 120  |                          |  |              |                                 |  |        |

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Menu subject to change due to product supply.

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

#### ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>p</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR  
Cheddar Cheese Cup<sup>^</sup> · Cheese Stick<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

This institution is an equal opportunity provider.

# NOVEMBER 2020 GRAB + GO CAFE MEALS

| MONDAY<br>11/16/20  |   | TUESDAY<br>11/17/20  |   | WEDNESDAY<br>11/18/20 + 11/19/20 ALL SITES CLOSED ON THURSDAY |  | FRIDAY<br>11/20/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |  |  |
|---|---|--|---|---|--|--|--|--|
| CAL   |   | CAL  |   | CAL   |  | CAL  |  |  |
| <b>BREAKFAST</b>  |   |  |   |   |  |  |  |  |
| <b>Cinnamon Roll<sup>^WG</sup></b> 232                                  | <b>Rice Krispies<sup>^WG</sup></b> 100                              | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70                           | <b>Egg + Cheese Wrap<sup>^WG</sup></b> 180                                  | <b>Pancakes<sup>^WG</sup></b> 210-220                         | <b>Cinnamon Chex<sup>^WG</sup></b> 230             | <b>Cereal Bar<sup>^WG</sup></b> 140                          |  |  |
| Orange Juice 60   | Orange Juice 60   | Orange Juice 60  | Orange Juice 60   | Orange Juice 60   | Orange Juice 60                                    | Orange Juice 60  |  |  |
| Milk 90-120   | Milk 90-120   | Milk 90-120  | Milk 90-120   | Milk 90-120   | Milk 90-120  | Milk 90-120  |  |  |
| <b>LUNCH</b>  |   |  |   |   |  |  |  |  |
| <b>Pizza<sup>^WG</sup></b> 310-349                                      | <b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 236-270 | <b>Chicken Drumstick<sup>^WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup></b> 330/70 | <b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup> w/ Ranchero Beans</b> 302 | <b>Cheese Crunchers<sup>^WG</sup> w/ Broccoli</b> 440         | <b>Twin Mini Cheeseburgers<sup>~WGIW</sup></b> 323 | <b>Protein Pack<sup>^</sup></b> 384                          |  |  |
| Baby Carrots 35   | Grape Tomatoes w/ Ranch 18/55                                       | Fresh Fruit 30-96  | Strawberry Cup 90   | Fresh Fruit 30-96   | Celery w/ Peanut Butter Cup <sup>p</sup> 3/200     | Mixed Berry Cup 90   |  |  |
| Applesauce Cup 50   | Dried Fruit Mix 120   | Milk 90-120  | Milk 90-120   | Milk 90-120   | Peaches 53   | Milk 90-120  |  |  |
| Milk 90-120   | Milk 90-120   |  |   |   | Milk 90-120  |  |  |  |
| <b>SUPPER</b>   |   |  |   |   |  |  |  |  |
| <b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 227-280 | <b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631            | <b>Turkey<sup>+</sup> + Cheese Sub<sup>WG</sup></b> 270                                | <b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220                    |   |  |  |  |  |
| Veggie Juice 40   | Celery w/ Ranch 3/55  | Grape Tomatoes w/ Ranch 18/55  | Veggie Juice 40   |   |  |  |  |  |
| Mixed Fruit 68  | Fresh Fruit 30-96   | Orange Juice 60  | Mixed Berry Cup 90  |   |  |  |  |  |
| Milk 90-120   | Milk 90-120   | Milk 90-120  | Milk 90-120   |   |  |  |  |  |
| <b>SNACK</b>  |   |  |   |   |  |  |  |  |
| <b>Grahams<sup>^WG</sup></b> 120  | <b>Cheddar Cheese Cup + Pretzel<sup>^WG IW</sup></b> 190/140        | <b>Cereal Bowl<sup>WG</sup></b> 100  | <b>Hummus Cup<sup>^</sup></b> 110   |   |  |  |  |  |
| Capri Sun Juice 80  |   | Milk 90-120  | Baby Carrots 35   |   |  |  |  |  |
|   |   |  | Orange Juice 60   |   |  |  |  |  |

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Menu subject to change due to product supply.

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

## ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>p</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR  
Cheddar Cheese Cup<sup>^</sup> · Cheese Stick<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

This institution is an equal opportunity provider.

# NOVEMBER 2020 GRAB + GO CAFE MEALS

| MONDAY<br>11/23/20  |   | TUESDAY<br>11/24/20   |           | WEDNESDAY<br>11/25/20 + 11/26/20 ALL SITES CLOSED ON THURSDAY |                   | FRIDAY<br>11/27/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |   |  |
|---|---|---|-----------|---|-------------------|--|---|--|
| CAL   |   | CAL   |           | CAL   |                   | CAL  |   |  |
| <b>BREAKFAST</b>  |   |   |           |   |                   |  |   |  |
| <b>Cinnamon Roll<sup>^WG</sup></b> <b>232</b>                             | <b>Rice Krispies<sup>^WG</sup></b> <b>100</b>   | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> <b>130/70</b>   | NO SCHOOL |   |                   | <b>Cinnamon Chex<sup>^WG</sup></b> <b>230</b>                | <b>Pancakes<sup>^WG</sup></b> <b>210-220</b>                              | <b>Raspberry Bar<sup>^WG</sup></b> <b>231</b>    |
| Orange Juice 60   | Orange Juice 60   | Orange Juice 60   |           |   | Orange Juice 60   | Orange Juice 60  | Orange Juice 60   |  |
| Milk 90-120   | Milk 90-120   | Milk 90-120   |           |   | Milk 90-120       | Milk 90-120  | Milk 90-120   |  |
| <b>LUNCH</b>  |   |   |           |   |                   |  |   |  |
| <b>Pizza<sup>^WG</sup></b> <b>310-349</b>                                 | <b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> <b>227-280</b>                | <b>Turkey<sup>+</sup> + Stuffing<sup>WG</sup> + Mashed Potatoes + Green Beans w/ Cranberry Sauce</b> <b>426</b> | NO SCHOOL |   |                   | <b>Cheese Crunchers<sup>^WG</sup> w/ Broccoli</b> <b>440</b> | <b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> <b>236-270</b> | <b>Cheese Cavatappi<sup>^WG</sup></b> <b>428</b> |
| Baby Carrots 35   | Veggie Juice 40   | Fruit Sorbet 77   |           |   | Fresh Fruit 30-96 | Salsa Cup 25   | Marinara Cup 45   |  |
| Applesauce Cup 50   | Fresh Fruit 30-96   | Milk 90-120   |           |   | Milk 90-120       | Strawberry Cup 90  | Craisins 110  |  |
| Milk 90-120   | Milk 90-120   | Milk 90-120   |           |   |                   | Milk 90-120  | Milk 90-120   |  |
| <b>SUPPER</b>   |   |   |           |   |                   |  |   |  |
| <b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> <b>236-270</b> | <b>Cheddar Cheese Cup + Cheese Stick<sup>^</sup> + Pretzel<sup>^WGIW</sup></b> <b>249/140</b> | <b>Twin Mini Cheeseburgers<sup>~WGIW</sup></b> <b>323</b>   | NO SCHOOL |   |                   |  |   |  |
| Veggie Juice 40   | Salsa Cup 25  | Celery + Grape Tomatoes w/ Ranch 18/55  |           |   |                   |  |   |  |
| Strawberry Cup 90   | Craisins 110  | Applesauce Cup 50   |           |   |                   |  |   |  |
| Milk 90-120   | Milk 90-120   | Milk 90-120   |           |   |                   |  |   |  |
| <b>SNACK</b>  |   |   |           |   |                   |  |   |  |
| <b>Cereal Bowl<sup>WG</sup></b> <b>100</b>                                | <b>Peanut Cup<sup>p</sup></b> <b>200</b>  | <b>Snack Kit<sup>WG</sup></b> <b>200</b>  | NO SCHOOL |   |                   |  |   |  |
| Milk 90-120   | Grahams <sup>WG</sup> 120   |   |           |   |                   |  |   |  |

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Menu subject to change due to product supply.

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

#### ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pv</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR  
Cheddar Cheese Cup<sup>^</sup> · Cheese Stick<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

This institution is an equal opportunity provider.

# NOVEMBER 2020 GRAB + GO CAFE MEALS

| MONDAY<br>11/30/20                                   |                | TUESDAY<br>12/1/20  |                | WEDNESDAY<br>12/2/20 + 12/3/20 ALL SITES CLOSED ON THURSDAY           |                | FRIDAY<br>12/4/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY            |               |  |                |                                    |            |  |                |
|--|----------------|---|----------------|---|----------------|--|---------------|--|----------------|------------------------------------|------------|--|----------------|
| CAL  |                | CAL   |                | CAL   |                | CAL  |               |  |                |                                    |            |  |                |
| <b>BREAKFAST</b>                                     |                |   |                |   |                |  |               |  |                |                                    |            |  |                |
| <b>Cinnamon Roll<sup>^WG</sup></b>                   | <b>232</b>     | <b>Rice Krispies<sup>^WG</sup></b>                              | <b>100</b>     | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>                 | <b>130/70</b>  | <b>Egg + Cheese Wrap<sup>^WG</sup></b>                                 | <b>180</b>    | <b>Pancakes<sup>^WG</sup></b>                              | <b>210-220</b> | <b>Cinnamon Chex<sup>^WG</sup></b> | <b>230</b> | <b>Cereal Bar<sup>^WG</sup></b>                            | <b>140</b>     |
| Orange Juice   | 60             | Orange Juice  | 60             | Orange Juice  | 60             | Orange Juice   | 60            | Orange Juice   | 60             | Orange Juice                       | 60         | Orange Juice   | 60             |
| Milk   | 90-120         | Milk  | 90-120         | Milk  | 90-120         | Milk   | 90-120        | Milk   | 90-120         | Milk                               | 90-120     | Milk   | 90-120         |
| <b>LUNCH</b>   |                |   |                |   |                |  |               |  |                |                                    |            |  |                |
| <b>Pizza<sup>^WG</sup></b>                           | <b>310-349</b> | <b>Twin Mini Cheeseburgers<sup>~WGIW</sup></b>                  | <b>323</b>     | <b>Turkey Carnitas<sup>+</sup> w/ Corn + Dinner Roll<sup>WG</sup></b> | <b>200/70</b>  | <b>Mandarin Orange Chicken<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> | <b>290</b>    | <b>Spicy Chicken Bites<sup>+WG</sup> w/ Cheesy Spinach</b> | <b>338</b>     | <b>Protein Pack<sup>^</sup></b>    | <b>384</b> | <b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> | <b>236-270</b> |
| Baby Carrots   | 35             | Peaches   | 53             | Fresh Fruit   | 30-96          | Cucumber Slices w/ Ranch   | 8/55          | Celery w/ Ranch  | 11/55          | Mixed Berry Cup                    | 90         | Hummus Cup   | 110            |
| Applesauce Cup                                       | 50             | Fruit Sorbet  | 77             | Milk  | 90-120         | Strawberry Cup   | 90            | Fresh Fruit  | 30-96          | Milk                               | 90-120     | Dried Fruit Mix  | 120            |
| Milk   | 90-120         | Milk  | 90-120         |   |                | Milk   | 90-120        | Milk   | 90-120         |                                    |            | Milk   | 90-120         |
| <b>SUPPER</b>  |                |   |                |   |                |  |               |  |                |                                    |            |  |                |
| <b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> | <b>631</b>     | <b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> | <b>227-280</b> | <b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b>                      | <b>180/220</b> | <b>Turkey<sup>+</sup> + Cheese Sub<sup>WG</sup></b>                    | <b>270</b>    |  |                |                                    |            |  |                |
| Veggie Juice   | 40             | Salsa Cup   | 25             | Veggie Juice  | 40             | Salsa Cup  | 25            |  |                |                                    |            |  |                |
| Craisins   | 110            | Fresh Fruit   | 30-96          | Blueberry Cup   | 40             | Mixed Fruit  | 68            |  |                |                                    |            |  |                |
| Milk   | 90-120         | Milk  | 90-120         | Milk  | 90-120         | Milk   | 90-120        |  |                |                                    |            |  |                |
| <b>SNACK</b>   |                |   |                |   |                |  |               |  |                |                                    |            |  |                |
| <b>Cereal Bowl<sup>WG</sup></b>                      | <b>100</b>     | <b>Cheddar Cheese Cup + Pretzel<sup>^WGIW</sup></b>             | <b>190/140</b> | <b>Hummus Cup<sup>^</sup></b>   | <b>110</b>     | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>                  | <b>130/70</b> |  |                |                                    |            |  |                |
| Milk   | 90-120         |   |                | Baby Carrots  | 35             | Cheese Stick <sup>^</sup>  | 59            |  |                |                                    |            |  |                |
|  |                |   |                | Orange Juice  | 60             |  |               |  |                |                                    |            |  |                |

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Menu subject to change due to product supply.

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

## ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pv</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR Cheddar Cheese Cup<sup>^</sup> · Cheese Stick<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

This institution is an equal opportunity provider.