

# 2021 SUMMER CAFE MEALS

MONDAY 6/21/21		TUESDAY 6/22/21		WEDNESDAY 6/23/21		THURSDAY 6/24/21		FRIDAY 6/25/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CAL		CAL		CAL		CAL		CAL					
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b>	<b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b>	<b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b>	<b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b>	<b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>^WGIW</sup></b>	<b>186</b>
Raisins	127	Craisins	110	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Apple 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>^WGIW</sup></b>	<b>336</b>	<b>Chicken Nuggets<sup>^WG</sup></b>	<b>263</b>	<b>Cheeseburger Sliders<sup>^WGIW</sup> w/ Baked Fries</b>	<b>272</b>	<b>Turkey Hot Dog* on Bun<sup>^WG</sup></b>	<b>260</b>	<b>Chicken Patty* + on Bun<sup>^WG</sup></b>	<b>342</b>	<b>Cheese Cavatappi<sup>^WG^</sup></b>	<b>428</b>	<b>Chicken Drumstick<sup>^WG</sup></b>	<b>190</b>
Veggie Juice	40	Scoops <sup>^WG</sup>	110	Fresh Fruit	30-96	Broccoli	15	Baby Carrots	35	Marinara Cup	45	Corn	57
Peaches	53	Salsa Cup	25	Milk	90-120	Fruit Punch	60	Fresh Fruit	30-96	Raisins or Craisins	110-127	Cheese Crackers	100
Milk	90-120	Applesauce Cup	50			Milk	90-120	Milk	90-120	Milk	90-120	Fruit Sorbet	77
		Milk	90-120									Milk	90-120
6/28/21		6/29/21		6/30/21		7/01/21		7/02/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b>	<b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b>	<b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b>	<b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b>	<b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>^WGIW</sup></b>	<b>186</b>
Raisins	127	Craisins	110	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Apple 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>^WGIW</sup></b>	<b>336</b>	<b>Chik'n Nuggets<sup>^WG</sup></b>	<b>247</b>	<b>BBQ Beef Rib Sandwich<sup>^WGIW</sup> w/ Baked Fries</b>	<b>282</b>	<b>Chicken Drumstick<sup>^WG</sup></b>	<b>190</b>	<b>Cheese Crunchers<sup>^WG</sup></b>	<b>420</b>	<b>Turkey* + Turkey Ham* + Cheese Sandwich<sup>^WGIW</sup></b>	<b>221</b>	<b>Chicken Patty* + on Bun<sup>^WG</sup></b>	<b>342</b>
Roasted Chickpeas	160	Scoops <sup>^WG</sup>	110	Fruit Punch	60	Cheese Crackers	100	Marinara Cup	45	Veggie Juice	40	Baby Carrots	35
Mixed Fruit	68	Salsa Cup	25	Milk	90-120	Celery w/ Peanut Butter Cups <sup>p</sup>	3/200	Fresh Fruit	30-96	Fresh Fruit	30-96	Fruit Sorbet	77
Milk	90-120	Fresh Fruit	30-96			Raisins or Craisins	110-127	Milk	90-120	Milk	90-120	Milk	90-120
		Milk	90-120			Milk	90-120						

**ALTERNATES:** (1) Blueberry WG Chex · (2) Hummus Cups<sup>^</sup> OR (2) Cheese Sticks<sup>^</sup> OR (2) Peanut Butter Cups<sup>pv</sup> OR (1) PBJ (Uncrustable)<sup>pv</sup> OR Turkey\* (No Cheese) Sandwich<sup>^WGIW</sup> · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

# 2021 SUMMER CAFE MEALS

MONDAY 7/05/21		TUESDAY 7/06/21		WEDNESDAY 7/07/21		THURSDAY 7/08/21		FRIDAY 7/09/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL		CAL	
<b>BREAKFAST</b>									
HOLIDAY	<b>Mini Pancakes<sup>^WGIW</sup></b> <b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b> <b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b> <b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b> <b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b> <b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>WGIW</sup></b> <b>186</b>			
	Craisins 110 Orange Juice 60 Milk 90-120	Apple Juice 60 Milk 90-120	Orange Juice 60 Milk 90-120	Apple Juice 60 Milk 90-120	Orange Juice 60 Milk 90-120	Orange Juice 60 Milk 90-120			
<b>LUNCH</b>									
HOLIDAY	<b>Chicken Nuggets<sup>+WG</sup></b> <b>263</b>	<b>Cheeseburger Sliders<sup>-WGIW</sup> w/ Baked Fries</b> <b>272</b>	<b>Turkey Hot Dog* on Bun<sup>WG</sup></b> <b>260</b>	<b>Chicken Patty* + on Bun<sup>WG</sup></b> <b>342</b>	<b>Cheese Cavatappi<sup>WG^</sup></b> <b>428</b>	<b>Chicken Drumstick<sup>+WG</sup></b> <b>190</b>			
	Scoops <sup>WG</sup> 110 Salsa Cup 25 Applesauce Cup 50 Milk 90-120	Fresh Fruit 30-96 Milk 90-120	Broccoli 15 Fruit Punch 60 Milk 90-120	Baby Carrots 35 Fresh Fruit 30-96 Milk 90-120	Marinara Cup 45 Raisins or Craisins 110-127 Milk 90-120	Corn 57 Cheese Crackers 100 Fruit Sorbet 77 Milk 90-120			
<b>7/12/21</b>		<b>7/13/21</b>		<b>7/14/21</b>		<b>7/15/21</b>		<b>7/16/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY</b>	
<b>BREAKFAST</b>									
<b>Cinnamon Roll<sup>^WG</sup></b> <b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b> <b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b> <b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b> <b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b> <b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b> <b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>WGIW</sup></b> <b>186</b>			
Raisins 127 Apple Juice 60 Milk 90-120	Craisins 110 Orange Juice 60 Milk 90-120	Apple Juice 60 Milk 90-120	Orange Juice 60 Milk 90-120	Apple Juice 60 Milk 90-120	Orange Juice 60 Milk 90-120	Orange Juice 60 Milk 90-120			
<b>LUNCH</b>									
<b>Pizza<sup>^WGIW</sup></b> <b>336</b>	<b>Chik'n Nuggets<sup>+WG</sup></b> <b>247</b>	<b>BBQ Beef Rib Sandwich<sup>-WGIW</sup> w/ Baked Fries</b> <b>282</b>	<b>Chicken Drumstick<sup>+WG</sup></b> <b>190</b>	<b>Cheese Crunchers<sup>^WG</sup></b> <b>420</b>	<b>Turkey* + Turkey Ham* + Cheese Sandwich<sup>WGIW</sup></b> <b>221</b>	<b>Chicken Patty* + on Bun<sup>WG</sup></b> <b>342</b>			
Roasted Chickpeas 160 Mixed Fruit 68 Milk 90-120	Scoops <sup>WG</sup> 110 Salsa Cup 25 Fresh Fruit 30-96 Milk 90-120	Fruit Punch 60 Milk 90-120	Cheese Crackers 100 Celery w/ Peanut Butter Cups <sup>p</sup> 3/200 Raisins or Craisins 110-127 Milk 90-120	Marinara Cup 45 Fresh Fruit 30-96 Milk 90-120	Veggie Juice 40 Fresh Fruit 30-96 Milk 90-120	Baby Carrots 35 Fruit Sorbet 77 Milk 90-120			

**ALTERNATES:** (1) Blueberry WG Chex · (2) Hummus Cups<sup>r</sup> OR (2) Cheese Sticks<sup>^</sup> OR (2) Peanut Butter Cups<sup>pv</sup> OR (1) PBJ (Uncrustable)<sup>pv</sup> OR Turkey\* (No Cheese) Sandwich<sup>WGIW</sup> · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

# 2021 SUMMER CAFE MEALS

MONDAY 7/19/21		TUESDAY 7/20/21		WEDNESDAY 7/21/21		THURSDAY 7/22/21		FRIDAY 7/23/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CAL		CAL		CAL		CAL				CAL			
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b>	<b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b>	<b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b>	<b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b>	<b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>WGIW</sup></b>	<b>186</b>
Raisins	127	Craisins	110	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Apple 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>^WGIW</sup></b>	<b>336</b>	<b>Chicken Nuggets<sup>^WG</sup></b>	<b>263</b>	<b>Cheeseburger Sliders<sup>-WGIW</sup> w/ Baked Fries</b>	<b>272</b>	<b>Turkey Hot Dog* on Bun<sup>WG</sup></b>	<b>260</b>	<b>Chicken Patty* + on Bun<sup>WG</sup></b>	<b>342</b>	<b>Cheese Cavatappi<sup>WG^</sup></b>	<b>428</b>	<b>Chicken Drumstick<sup>^WG</sup></b>	<b>190</b>
Veggie Juice	40	Scoops <sup>WG</sup>	110	Fresh Fruit	30-96	Broccoli	15	Baby Carrots	35	Marinara Cup	45	Corn	57
Peaches	53	Salsa Cup	25	Milk	90-120	Fruit Punch	60	Fresh Fruit	30-96	Raisins or Craisins	110-127	Cheese Crackers	100
Milk	90-120	Applesauce Cup	50			Milk	90-120	Milk	90-120	Milk	90-120	Fruit Sorbet	77
		Milk	90-120									Milk	90-120
<b>7/26/21</b>													
<b>7/27/21</b>													
<b>7/28/21</b>													
<b>7/29/21</b>													
<b>7/30/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY</b>													
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b>	<b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b>	<b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b>	<b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b>	<b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>WGIW</sup></b>	<b>186</b>
Raisins	127	Craisins	110	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Apple 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>^WGIW</sup></b>	<b>336</b>	<b>Chik'n Nuggets<sup>^WG</sup></b>	<b>247</b>	<b>BBQ Beef Rib Sandwich<sup>-WGIW</sup> w/ Baked Fries</b>	<b>282</b>	<b>Chicken Drumstick<sup>^WG</sup></b>	<b>190</b>	<b>Cheese Crunchers<sup>^WG</sup></b>	<b>420</b>	<b>Turkey* + Turkey Ham* + Cheese Sandwich<sup>WGIW</sup></b>	<b>221</b>	<b>Chicken Patty* + on Bun<sup>WG</sup></b>	<b>342</b>
Roasted Chickpeas	160	Scoops <sup>WG</sup>	110	Fruit Punch	60	Cheese Crackers	100	Marinara Cup	45	Veggie Juice	40	Baby Carrots	35
Mixed Fruit	68	Salsa Cup	25	Milk	90-120	Celery w/ Peanut Butter Cups <sup>p</sup>	3/200	Fresh Fruit	30-96	Fresh Fruit	30-96	Fruit Sorbet	77
Milk	90-120	Fresh Fruit	30-96			Raisins or Craisins	110-127	Milk	90-120	Milk	90-120	Milk	90-120
		Milk	90-120			Milk	90-120						

# 2021 SUMMER CAFE MEALS

MONDAY 8/02/21		TUESDAY 8/03/21		WEDNESDAY 8/04/21		THURSDAY 8/05/21		FRIDAY 8/06/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CAL		CAL		CAL		CAL		CAL					
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b>	<b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b>	<b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b>	<b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b>	<b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>^WGIW</sup></b>	<b>186</b>
Raisins	127	Craisins	110	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Apple 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>^WGIW</sup></b>	<b>336</b>	<b>Chicken Nuggets<sup>^WG</sup></b>	<b>263</b>	<b>Cheeseburger Sliders<sup>^WGIW</sup> w/ Baked Fries</b>	<b>272</b>	<b>Turkey Hot Dog* on Bun<sup>^WG</sup></b>	<b>260</b>	<b>Chicken Patty* + on Bun<sup>^WG</sup></b>	<b>342</b>	<b>Cheese Cavatappi<sup>^WG^</sup></b>	<b>428</b>	<b>Chicken Drumstick<sup>^WG</sup></b>	<b>190</b>
Veggie Juice	40	Scoops <sup>^WG</sup>	110	Fresh Fruit	30-96	Broccoli	15	Baby Carrots	35	Marinara Cup	45	Corn	57
Peaches	53	Salsa Cup	25	Milk	90-120	Fruit Punch	60	Fresh Fruit	30-96	Raisins or Craisins	110-127	Cheese Crackers	100
Milk	90-120	Applesauce Cup	50			Milk	90-120	Milk	90-120	Milk	90-120	Fruit Sorbet	77
		Milk	90-120									Milk	90-120
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b>	<b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b>	<b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b>	<b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b>	<b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>^WGIW</sup></b>	<b>186</b>
Raisins	127	Craisins	110	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Apple 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>^WGIW</sup></b>	<b>336</b>	<b>Chik'n Nuggets<sup>^WG</sup></b>	<b>247</b>	<b>BBQ Beef Rib Sandwich<sup>^WGIW</sup> w/ Baked Fries</b>	<b>282</b>	<b>Chicken Drumstick<sup>^WG</sup></b>	<b>190</b>	<b>Cheese Crunchers<sup>^WG</sup></b>	<b>420</b>	<b>Turkey* + Turkey Ham* + Cheese Sandwich<sup>^WGIW</sup></b>	<b>221</b>	<b>Chicken Patty* + on Bun<sup>^WG</sup></b>	<b>342</b>
Roasted Chickpeas	160	Scoops <sup>^WG</sup>	110	Fruit Punch	60	Cheese Crackers	100	Marinara Cup	45	Veggie Juice	40	Baby Carrots	35
Mixed Fruit	68	Salsa Cup	25	Milk	90-120	Celery w/ Peanut Butter Cups <sup>p</sup>	3/200	Fresh Fruit	30-96	Fresh Fruit	30-96	Fruit Sorbet	77
Milk	90-120	Fresh Fruit	30-96			Raisins or Craisins	110-127	Milk	90-120	Milk	90-120	Milk	90-120
		Milk	90-120			Milk	90-120						

**ALTERNATES:** (1) Blueberry WG Chex · (2) Hummus Cups<sup>^</sup> OR (2) Cheese Sticks<sup>^</sup> OR (2) Peanut Butter Cups<sup>pv</sup> OR (1) PBJ (Uncrustable)<sup>pv</sup> OR Turkey\* (No Cheese) Sandwich<sup>^WGIW</sup> · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

# 2021 SUMMER CAFE MEALS

MONDAY 8/16/21		TUESDAY 8/17/21		WEDNESDAY 8/18/21		THURSDAY 8/19/21		FRIDAY 8/20/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CAL		CAL		CAL		BREAKFAST				CAL		CAL	
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b>	<b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b>	<b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b>	<b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b>	<b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>WGIW</sup></b>	<b>186</b>
Raisins	127	Craisins	110	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Apple 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										
LUNCH													
<b>Pizza<sup>^WGIW</sup></b>	<b>336</b>	<b>Chicken Nuggets<sup>^WG</sup></b>	<b>263</b>	<b>Cheeseburger Sliders<sup>-WGIW</sup> w/ Baked Fries</b>	<b>272</b>	<b>Turkey Hot Dog* on Bun<sup>WG</sup></b>	<b>260</b>	<b>Chicken Patty* + on Bun<sup>WG</sup></b>	<b>342</b>	<b>Cheese Cavatappi<sup>WG^</sup></b>	<b>428</b>	<b>Chicken Drumstick<sup>^WG</sup></b>	<b>190</b>
Veggie Juice	40	Scoops <sup>WG</sup>	110	Fresh Fruit	30-96	Broccoli	15	Baby Carrots	35	Marinara Cup	45	Corn	57
Peaches	53	Salsa Cup	25	Milk	90-120	Fruit Punch	60	Fresh Fruit	30-96	Raisins or Craisins	110-127	Cheese Crackers	100
Milk	90-120	Applesauce Cup	50			Milk	90-120	Milk	90-120	Milk	90-120	Fruit Sorbet	77
		Milk	90-120									Milk	90-120
8/23/21		8/24/21		8/25/21		8/26/21		8/27/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
BREAKFAST													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Mini Pancakes<sup>^WGIW</sup></b>	<b>210-220</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>^WGIW</sup></b>	<b>143</b>	<b>Cereal Bar<sup>^WG</sup> + Cheese Stick</b>	<b>199</b>	<b>Cereal<sup>^WG</sup> + Peanut Butter Cup<sup>p</sup></b>	<b>100/200</b>	<b>Turkey Ham* + Cheese on Hawaiian Bun<sup>WGIW</sup></b>	<b>186</b>
Raisins	127	Craisins	110	Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Orange Juice	60
Apple 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										
LUNCH													
<b>Pizza<sup>^WGIW</sup></b>	<b>336</b>	<b>Chik'n Nuggets<sup>^WG</sup></b>	<b>247</b>	<b>BBQ Beef Rib Sandwich<sup>-WGIW</sup> w/ Baked Fries</b>	<b>282</b>	<b>Chicken Drumstick<sup>^WG</sup></b>	<b>190</b>	<b>Cheese Crunchers<sup>^WG</sup></b>	<b>420</b>	<b>Turkey* + Turkey Ham* + Cheese Sandwich<sup>WGIW</sup></b>	<b>221</b>	<b>Chicken Patty* + on Bun<sup>WG</sup></b>	<b>342</b>
Roasted Chickpeas	160	Scoops <sup>WG</sup>	110	Fruit Punch	60	Cheese Crackers	100	Marinara Cup	45	Veggie Juice	40	Baby Carrots	35
Mixed Fruit	68	Salsa Cup	25	Milk	90-120	Celery w/ Peanut Butter Cups <sup>p</sup>	3/200	Fresh Fruit	30-96	Fresh Fruit	30-96	Fruit Sorbet	77
Milk	90-120	Fresh Fruit	30-96			Raisins or Craisins	110-127	Milk	90-120	Milk	90-120	Milk	90-120
		Milk	90-120			Milk	90-120						

**ALTERNATES:** (1) Blueberry WG Chex · (2) Hummus Cups<sup>r</sup> OR (2) Cheese Sticks<sup>^</sup> OR (2) Peanut Butter Cups<sup>pv</sup> OR (1) PBJ (Uncrustable)<sup>pv</sup> OR Turkey\* (No Cheese) Sandwich<sup>WGIW</sup> · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk