



Monday

Tuesday

Wednesday

Thursday

Friday

		1	2	3
	<b>Bag Breakfast</b>  Golden Grahams Cinnamon Goldfish Craisins 100% Juice(90)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Cinnamon Goldfish Cracker Fresh Apple 100% Juice (62)Dannon Nonfat Creamy Yogurt (15) 1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Banana Muffin Vanilla Goldfish Apple Cinn Fruit Crunchable100% Juice(74)1% White Milk or 1% Chocolate Milk(11)	
6	7 550:350:101	8 468:302:88	9 520:380:85	10
<b>Bag Breakfast</b>  Apple Cinnamon Cheerios Tiger Grahams 100% Juice Craisins(84)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Trix Cereal Bar Animal Cracker Craisin 100% Juice(92)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Blueberry Bagel with Cream Cheese Craisins 100% Juice (74)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Apple Muffin Vanilla Goldfish Craisins 100% Juice(83)1% White Milk or 1% Chocolate Milk(11)	
13 500:365:95	14 550:345:103	15 510:450:85	16 525:410:94	17
<b>Bag Breakfast</b>  Blueberry Chex Scooby Grahams Pear Cup 100% Juice(73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Strawberry NutriGrain Bar Cinnamon Goldfish Mixed Fruit Cup 100% Juice(81)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Cinnamon Goldfish Cracker Fresh Apple 100% Juice (62)Dannon Nonfat Yogurt(12) 1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Blueberry Muffin Goldfish Grahams Craisins 100% Juice (90)1% White Milk or 1% Chocolate Milk(11)	
20 455:420:84	21 510:385:92	22 <b>Happy Earth Day!</b> 458:307:85	23 580:370:101	24
<b>Bag Breakfast</b>  Cinnamon Chex Tiger Grahams Peach Cup 100% Juice(80)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Double Chocolate Oatmeal Bar Cinnamon Goldfish Apple Banana Bar 100% Juice(73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  WG Bagel with Cream Cheese Fresh Apple 100% Juice (73)1% White Milk or 1% Chocolate Milk(11)	<b>Bag Breakfast</b>  Double ChocolateChip Muffin Vanilla Goldfish Craisin 100% Juice(88)1% White Milk or 1% Chocolate Milk(11)	
27 470:410:91	28 500:355:84	29 508:422:84	30 570:375:99	



Thought for Thought

Tips & Information

Recycling can help to reduce the amount of items going into your garbage each week and will ensure that you're contributing to a sustainable and long-term commitment by many communities across the world to making the most of our resources. By recycling regularly, you show other people that it is possible, a good thing to do and that it makes a difference.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:511 AvgSod(mg):376 AvgCarbs(g):91

**\*\*SCHOOLS ONLY\*\***

"or:" = An alternative selection to choose. "WG"=Whole Grain  
1% White & 1%Chocolate Milk  
available daily. (GSRP-white milk only)



**\*\*Menu Subject to Change\*\***



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Thursday

Friday

		1	2	3
	Chicken Fajita w/ Roasted Peppers & WG Tortilla(18)Seasoned Corn (8) Pineapples & Peaches(7) 1% White Milk(11)	Turkey Sloppy Joe on WG Bun(18) Seasoned Green Beans (1) Diced Mango 1% White Milk(11)	Chicken Stir-Fry w/Veg with Brown Rice(48) Ginger Spiced Peach Pear Mix(7) 1% White Milk(11)	
6	7 375:466:45	8 319:455:30	9 440:2076:66	10
Cheesy Chicken Breast (1) California Blend Vegetable (Carrots, Broccoli, Cauliflower) WG Dinner Roll(14) Pineapples & Peaches(7) 1% White Milk(11)	Sweet and Sour Chicken over Brown Rice (33) Stir-Fry Vegetable Blend(4) Fresh Orange Smiles(11) 1% White Milk(11)	Half Turkey Ham Sandwich on WW Seasoned Green Beans (1) Diced Strawberries(3) 1% White Milk(11)	Cheese Bosco Sticks (34) Mixed Vegetable (Corn, Green Beans, Peas, Carrots) (6) Cinnamon Maple Diced Apples (6) 1% White Milk(11)	
13 403:530:35	14 397:358:59	15 282:711:42	16 454:581:57	17
Cheeseburger Mac (Ground Turkey & Seasoned Green Beans (1) Pie Spiced Peaches(7) 1% White Milk(11)	WG Chicken Nuggets (12) Maple Spiced Carrots Cinnamon Maple Diced Apples (6) 1% White Milk(11)	Sunbutter & Jelly Uncrustable on WG Baby Carrots w/ Ranch (4) Fresh Honeydew Melon 1% White Milk(11)	Chicken & Gravy with Brown Rice (28) Peas and Carrots (6) Ginger Spiced Peach Pear Mix(7) 1% White Milk(11)	
20 412:875:43	21 340:665:29	22 Happy Earth Day! 561:774:48	23 402:562:53	24
Breaded Chicken Patty on WG Bun(43) Diced Potatoes(9) Sunshine Fruit Mix (8) 1% White Milk(11)	Ground Turkey & Cheese Soft Taco with WG Texas Ranchero Pinto Beans (6) Pie Spiced Peaches(7) 1% White Milk(11)	Half Turkey Sandwich on Wheat Bread (26) Peas and Carrots (6) Fresh Cantaloupe 1% White Milk(11)	Turkey Sloppy Joe on WG Bun(18) Seasoned Corn (8) Fresh Orange Smiles(11) 1% White Milk(11)	
27 587:928:71	28 400:776:42	29 331:687:43	30 388:455:48	



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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )

AvgCals:406 AvgSod(mg):726 AvgCarbs(g):47

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**\*\*Menu Subject to Change\*\***