



Our lunch consists of a serving of milk, fruits, vegetables, grains & meat/ meat alternatives.

All students must have a serving of fruits or vegetables in their plates.

All grains are whole grain rich.

Daily milk options:

Fat-Free unflavored, 1% unflavored & Fat-Free unflavored Milk



Lunch Fact

**MyPlate Recommends:**

Choose vegetables rich in color!

Brighten your plate with vegetables that are red, orange, or dark green.

They don't only taste great, but they're also good for you!

Reference: [USDA.MyPlate.gov](https://www.usda.gov/myplate)

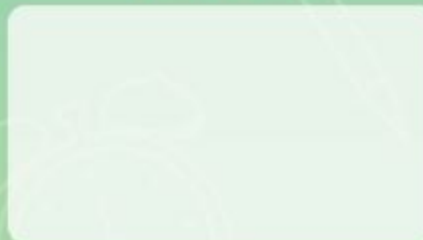
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Crunch Mania 3  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Banana Bread 4  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Chocolate Chip Muffin 5  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Coco Breakfast Bar 6  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Cinnamon Roll 7  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Strawberry Banana Gogurt 10  
W/ Crackers  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Oatmeal bar 11  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Chocolate Chip Cornbread 12  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Nutri-Grain Bar W/ Crackers 13  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

Zee Zee Breakfast Bar 14  
One Cup Serving Fresh Fruits  
Unflavored Low-Fat/  
Fat- Free Milk

