

Tuesday	Wednesday	Thursday	Friday
--- Entrees --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Cereal, Cinnamon Toast Crunch 2 oz Cup TWP Carbs: 44 * Soybeans, Wheat --- Pop-Tarts Frosted Strawberry 1.76 OZ TWP Carbs: 36 * Soybeans, Wheat --- DONUT, CAKE POWDERED SUGAR COATED 3 OZ THAW& SERVE FROZEN CU Carbs: 42 --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 --- MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat --- Pop-Tarts Frosted Strawberry 1.76 OZ TWP Carbs: 36 * Soybeans, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 --- MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat	--- Entrees --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- DONUT, CAKE POWDERED SUGAR COATED 3 OZ THAW& SERVE FROZEN CU Carbs: 42 --- MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs, Wheat --- Pop-Tarts Frosted Strawberry 1.76 OZ TWP Carbs: 36 * Soybeans, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 --- Cereal, Cinnamon Toast Crunch 2 oz Cup TWP Carbs: 44 * Soybeans, Wheat	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---

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--- Entrees --- Blueberry Glazed Mini Donut Holes in a Cup 3 oz Carbs: 41 * Milk, Soybeans, Eggs, Wheat --- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat --- --- Sides --- Apple Juice 100% Carbs: 15 --- APPLESAUCE, CINNAMON UNSWEETENED SS PLASTIC CUP TWP Carbs: 14 --- --- Milk --- MILK, Strawberry FF TWP * Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk ---	--- Entrees --- Blueberry Glazed Mini Donut Holes in a Cup 3 oz Carbs: 41 * Milk, Soybeans, Eggs, Wheat --- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat --- --- Sides --- Cranberries, Dried Carbs: 25 --- Assorted Canned Fruit --- --- Milk --- MILK, Strawberry FF TWP * Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk ---	--- Entrees --- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat --- Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat --- --- Sides --- Assorted Fresh Fruit --- Mozzarella String Cheese Stick TWP Carbs: 2 * Milk --- Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk --- CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk --- JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14 --- Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27 --- Orange Juice, Individual Cups, Frozen Carbs: 14 --- Oranges, Fresh, 138 Count, Whole Carbs: 14 ---	--- Entrees --- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat --- Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat --- --- Sides --- Assorted Fresh Fruit --- Mozzarella String Cheese Stick TWP Carbs: 2 * Milk --- Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk --- CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk --- JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14 --- Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27 --- Orange Juice, Individual Cups, Frozen Carbs: 14 --- Oranges, Fresh, 138 Count, Whole Carbs: 14 ---

Thursday

Friday

--- Milk ---	--- Milk ---
MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk
Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk
Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk
Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk
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--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---

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--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---	--- Entrees --- Muffins, WG, Chocolate Chip IW Carbs: 45 * Milk, Soybeans, Eggs, Wheat --- Cocoa Puffs 2 oz Equivalent Grain Cereal Bars (48ct) 2.5oz Carbs: 52 * Soybeans, Wheat --- SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat --- Bagel, Hilltop Hearth 2.3 oz TWP Carbs: 32 * Wheat --- Berry Banana Smoothie Carbs: 72 * Milk, Wheat --- MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat --- Lucky Charms SS 2 oz Cup TWP Carbs: 46 --- Cocoa Puffs SS 2 oz Cup Carbs: 47 --- Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47 ---

Monday	Tuesday	Wednesday	Thursday	Friday
---- Entrees ---- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat ---- Sides ---- Assorted Fresh Fruit Mozzarella String Cheese Stick TWP Carbs: 2 * Milk Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14 Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27 Orange Juice, Individual Cups, Frozen Carbs: 14 Oranges, Fresh, 138 Count, Whole Carbs: 14	---- Entrees ---- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat ---- Sides ---- Assorted Fresh Fruit Mozzarella String Cheese Stick TWP Carbs: 2 * Milk Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14 Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27 Orange Juice, Individual Cups, Frozen Carbs: 14 Oranges, Fresh, 138 Count, Whole Carbs: 14	---- Entrees ---- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat ---- Sides ---- Assorted Fresh Fruit Mozzarella String Cheese Stick TWP Carbs: 2 * Milk Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14 Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27 Orange Juice, Individual Cups, Frozen Carbs: 14 Oranges, Fresh, 138 Count, Whole Carbs: 14	---- Entrees ---- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat ---- Sides ---- Assorted Fresh Fruit Mozzarella String Cheese Stick TWP Carbs: 2 * Milk Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14 Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27 Orange Juice, Individual Cups, Frozen Carbs: 14 Oranges, Fresh, 138 Count, Whole Carbs: 14	---- Entrees ---- Pop-Tarts WG Brown Sugar Cinnamon 1.69oz TWP Carbs: 36 * Soybeans, Wheat Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat ---- Sides ---- Assorted Fresh Fruit Mozzarella String Cheese Stick TWP Carbs: 2 * Milk Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk JUICE, APPLE 100% FROZEN PLASTIC CUP TWP Carbs: 14 Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27 Orange Juice, Individual Cups, Frozen Carbs: 14 Oranges, Fresh, 138 Count, Whole Carbs: 14

Monday	Tuesday	Wednesday	Thursday	Friday
--- Milk --- MILK, Strawberry FF TWP * Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk Milk, Lactose and Fat Free * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	--- Milk --- MILK, Strawberry FF TWP * Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk Milk, Lactose and Fat Free * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	--- Milk --- MILK, Strawberry FF TWP * Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk Milk, Lactose and Fat Free * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	--- Milk --- MILK, Strawberry FF TWP * Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk Milk, Lactose and Fat Free * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	--- Milk --- MILK, Strawberry FF TWP * Milk Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk Milk, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * Milk Milk, Lactose and Fat Free * Milk Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

Monday

Tuesday

--- Entrees ---

Muffins, WG, Chocolate
Chip IW
Carbs: 45

* Milk, Soybeans, Eggs,
Wheat

Cocoa Puffs 2 oz Equivalent
Grain Cereal Bars (48ct)
2.5oz

Carbs: 52
* Soybeans, Wheat

SNACK BAR, CEREAL
CINNAMON TOAST
CRUNCH IW TWP 1.42 oz

Carbs: 30
* Wheat

Bagel, Hilltop Hearth 2.3 oz
TWP

Carbs: 32
* Wheat

Berry Banana Smoothie

Carbs: 72
* Milk, Wheat

MUFFIN BLUEBERRY WG
RF IW

Carbs: 30
* Soybeans, Eggs, Wheat

Lucky Charms SS 2 oz Cup
TWP

Carbs: 46

Cocoa Puffs SS 2 oz Cup
Carbs: 47

Cereal, Trix Whole Grain SS
Cup 2 oz
Carbs: 47

--- Entrees ---

Muffins, WG, Chocolate
Chip IW
Carbs: 45

* Milk, Soybeans, Eggs,
Wheat

Cocoa Puffs 2 oz Equivalent
Grain Cereal Bars (48ct)
2.5oz

Carbs: 52
* Soybeans, Wheat

SNACK BAR, CEREAL
CINNAMON TOAST
CRUNCH IW TWP 1.42 oz

Carbs: 30
* Wheat

Bagel, Hilltop Hearth 2.3 oz
TWP

Carbs: 32
* Wheat

Berry Banana Smoothie

Carbs: 72
* Milk, Wheat

MUFFIN BLUEBERRY WG
RF IW

Carbs: 30
* Soybeans, Eggs, Wheat

Lucky Charms SS 2 oz Cup
TWP

Carbs: 46

Cocoa Puffs SS 2 oz Cup
Carbs: 47

Cereal, Trix Whole Grain SS
Cup 2 oz
Carbs: 47

Monday

Tuesday

--- Entrees ---

Pop-Tarts WG Brown Sugar
Cinnamon 1.69oz TWP
Carbs: 36
* Soybeans, Wheat

Snack Bar, Trix Cereal Bars
1.42 oz TWP
Carbs: 29
* Wheat

--- Sides ---

Assorted Fresh Fruit

Mozzarella String Cheese
Stick TWP
Carbs: 2
* Milk

Upstate Farms Blueberry
Nonfat Yogurt 4oz TWP
Carbs: 19
* Milk

CHEESE, CREAM PLAIN
SPREAD LIGHT SS
PLASTIC CUP REF
Carbs: 2
* Milk

JUICE, APPLE 100%
FROZEN PLASTIC CUP
TWP
Carbs: 14

Bananas, (7 to 7-1/8 Inch),
Whole
Carbs: 27

Orange Juice, Individual
Cups, Frozen
Carbs: 14

Oranges, Fresh, 138 Count,
Whole
Carbs: 14

--- Entrees ---

Pop-Tarts WG Brown Sugar
Cinnamon 1.69oz TWP
Carbs: 36
* Soybeans, Wheat

Snack Bar, Trix Cereal Bars
1.42 oz TWP
Carbs: 29
* Wheat

--- Sides ---

Assorted Fresh Fruit

Mozzarella String Cheese
Stick TWP
Carbs: 2
* Milk

Upstate Farms Blueberry
Nonfat Yogurt 4oz TWP
Carbs: 19
* Milk

CHEESE, CREAM PLAIN
SPREAD LIGHT SS
PLASTIC CUP REF
Carbs: 2
* Milk

JUICE, APPLE 100%
FROZEN PLASTIC CUP
TWP
Carbs: 14

Bananas, (7 to 7-1/8 Inch),
Whole
Carbs: 27

Orange Juice, Individual
Cups, Frozen
Carbs: 14

Oranges, Fresh, 138 Count,
Whole
Carbs: 14

--- Milk ---

MILK, Strawberry FF TWP
* Milk

Milk, Chocolate, Non-fat,
With Added Vitamin A and
Vitamin D
Carbs: 34
* Milk

Milk, Non-fat, With Added
Vitamin A and Vitamin D
Carbs: 12
* Milk

Milk, Lactose and Fat Free
* Milk

Milk, Low-fat (1%), With
Added Vitamin A and
Vitamin D
Carbs: 12
* Milk

--- Milk ---

MILK, Strawberry FF TWP
* Milk

Milk, Chocolate, Non-fat,
With Added Vitamin A and
Vitamin D
Carbs: 34
* Milk

Milk, Non-fat, With Added
Vitamin A and Vitamin D
Carbs: 12
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Milk, Low-fat (1%), With
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