Grades 9 - 12

Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Peach Cheerios Snack Bar	Peach Cheerios Snack Bar	Peach Cheerios Snack Bar
WGR IW 2.5 oz	WGR IW 2.5 oz	WGR IW 2.5 oz
Carbs: 51	Carbs: 51	Carbs: 51
* Wheat	* Wheat	* Wheat
MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG	MUFFIN BLUEBERRY WG
RF IW	RF IW	RF IW
Carbs: 30	Carbs: 30	Carbs: 30
* Soybeans, Eggs, Wheat	* Soybeans, Eggs, Wheat	* Soybeans, Eggs, Wheat
Snack Bar, Trix Cereal Bars	Snack Bar, Trix Cereal Bars	Snack Bar, Trix Cereal Bars
1.42 oz TWP	1.42 oz TWP	1.42 oz TWP
Carbs: 29	Carbs: 29	<i>Carbs: 29</i>
* Wheat	* Wheat	* Wheat
Lucky Charms SS 2 oz Cup	Lucky Charms SS 2 oz Cup	Lucky Charms SS 2 oz Cup
TWP	TWP	TWP
Carbs: 46	Carbs: 46	Carbs: 46
MUFFIN, CHOCOLATE	MUFFIN, CHOCOLATE	MUFFIN, CHOCOLATE
CHOCOLATE CHIP WHOLE	CHOCOLATE CHIP WHOLE	CHOCOLATE CHIP WHOLE
GRAIN 2 OZ IW FROZEN	GRAIN 2 OZ IW FROZEN	GRAIN 2 OZ IW FROZEN
Carbs: 33	Carbs: 33	Carbs: 33
* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,	* Milk, Soybeans, Eggs,
Wheat	Wheat	Wheat
Cocoa Puffs SS 2 oz Cup	Cocoa Puffs SS 2 oz Cup	Cocoa Puffs SS 2 oz Cup
Carbs: 47	Carbs: 47	Carbs: 47
Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat	Berry Banana Smoothie Carbs: 72 * Milk, Wheat
Pop-Tarts WG Brown Sugar	Pop-Tarts WG Brown Sugar	Pop-Tarts WG Brown Sugar
Cinnamon 1.69oz TWP	Cinnamon 1.69oz TWP	Cinnamon 1.69oz TWP
Carbs: 36	Carbs: 36	Carbs: 36
* Soybeans, Wheat	* Soybeans, Wheat	* Soybeans, Wheat
SNACK BAR, CEREAL	SNACK BAR, CEREAL	SNACK BAR, CEREAL
CINNAMON TOAST	CINNAMON TOAST	CINNAMON TOAST
CRUNCH IW TWP 1.42 oz	CRUNCH IW TWP 1.42 oz	CRUNCH IW TWP 1.42 oz
Carbs: 30	Carbs: 30	Carbs: 30
* Wheat	* Wheat	* Wheat

Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47
BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat
Cinni Mini, Cinnamon Roll IW TWP Carbs: 40 * Milk, Soybeans, Wheat	Cinni Mini, Cinnamon Roll IW TWP Carbs: 40 * Milk, Soybeans, Wheat	Cinni Mini, Cinnamon Roll IW TWP Carbs: 40 * Milk, Soybeans, Wheat
Sides	Sides	Sides
HUMMUS, PLAIN TUB REF TWP Carbs: 5	HUMMUS, PLAIN TUB REF TWP Carbs: 5	HUMMUS, PLAIN TUB REF TWP Carbs: 5
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk
Upstate Farms Blueberry Nonfat Yogurt 4oz TWP <i>Carbs:</i> 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP <i>Carbs:</i> 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP <i>Carbs:</i> 19 * Milk
Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans
Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27
Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14	Orange Juice, Individual Cups, Frozen Carbs: 14

Monday	Tuesday	Wednesday
Sides	Sides	Sides
JUICE, APPLE 100% FROZEN PLASTIC CUP TWP	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP	JUICE, APPLE 100% FROZEN PLASTIC CUP TWP
Carbs: 14	Carbs: 14	Carbs: 14
Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14	Oranges, Fresh, 138 Count, Whole Carbs: 14
Milk	Milk	Milk
MILK, Strawberry FF TWP * 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, Chocolate, Non-fat, With Added Vitamin A and Vitamin D Carbs: 34 * Milk
Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * Milk	Milk, Lactose and Fat Free * 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, Non-fat, With Added Vitamin A and Vitamin D Carbs: 12 * 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 <i>Carbs: 12</i> * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk

Monday	Wednesday	Thursday	Friday
Snack Items	Snack Items	Snack Items	Snack Items
CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk	CHEESE, CREAM PLAIN SPREAD LIGHT SS PLASTIC CUP REF Carbs: 2 * Milk
Entrees	Entrees	Entrees	Entrees
Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat	MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat	MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat	Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat
MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	Snack Bar, Trix Cereal Bars 1.42 oz TWP Carbs: 29 * Wheat	MUFFIN BLUEBERRY WG RF IW Carbs: 30 * Soybeans, Eggs, Wheat
Snack Bar, Trix Cereal Bars	MUFFIN, CHOCOLATE	Cereal, Trix Whole Grain SS	Snack Bar, Trix Cereal Bars
1.42 oz TWP Carbs: 29 * Wheat	CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN Carbs: 33 * Milk, Soybeans, Eggs,	Cup 2 oz Carbs: 47	1.42 oz TWP Carbs: 29 * Wheat
Lucky Charms SS 2 oz Cup	Wheat	MUFFIN, CHOCOLATE CHOCOLATE CHIP WHOLE	MUFFIN, CHOCOLATE
TWP		GRAIN 2 OZ IW FROZEN	CHOCOLATE CHIP WHOLE
Carbs: 46	Kellogg's Pop-Tarts Blueberry 1.7oz	Carbs: 33 * Milk, Soybeans, Eggs,	GRAIN 2 OZ IW FROZEN Carbs: 33
MUFFIN, CHOCOLATE	Carbs: 36 * Soybeans, Wheat	Wheat	* Milk, Soybeans, Eggs, Wheat
CHOCOLATE CHIP WHOLE GRAIN 2 OZ IW FROZEN		Peach Cheerios Snack Bar	
Carbs: 33	BAGEL, PLAIN 4 OZ	WGR IW 2.5 oz	Cereal, Trix Whole Grain SS
* Milk, Soybeans, Eggs, Wheat	SLICED THAW& SERVE FROZEN Carbs: 56	Carbs: 51 * Wheat	Cup 2 oz Carbs: 47
	* Milk, Soybeans, Eggs,		
Cocoa Puffs SS 2 oz Cup Carbs: 47	Tree Nuts, Wheat	Cinni Mini, Cinnamon Roll IW TWP Carbs: 40	Lucky Charms SS 2 oz Cup TWP
	SNACK BAR, CEREAL	* Milk, Soybeans, Wheat	Carbs: 46
Kellogg's Pop-Tarts Blueberry 1.7oz Carbs: 36	CINNAMON TOAST CRUNCH IW TWP 1.42 oz	 Kellogg's Pop-Tarts	SNACK BAR, CEREAL CINNAMON TOAST
* Soybeans, Wheat	Carbs: 30 * Wheat	Blueberry 1.7oz Carbs: 36	CRUNCH IW TWP 1.42 oz Carbs: 30
SNACK BAR, CEREAL		* Soybeans, Wheat	* Wheat
CINNAMON TOAST	Cocoa Puffs SS 2 oz Cup Carbs: 47		
CRUNCH IW TWP 1.42 oz Carbs: 30			Cocoa Puffs SS 2 oz Cup Carbs: 47
* Wheat			

Monday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees
Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Peach Cheerios Snack Bar WGR IW 2.5 oz <i>Carbs: 51</i> * Wheat	SNACK BAR, CEREAL CINNAMON TOAST CRUNCH IW TWP 1.42 oz Carbs: 30	Cinni Mini, Cinnamon Roll IW TWP Carbs: 40 * Milk, Soybeans, Wheat
BAGEL, PLAIN 4 OZ		* Wheat	
SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat	Lucky Charms SS 2 oz Cup TWP Carbs: 46 Cereal, Trix Whole Grain SS	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs,	BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat
Cinni Mini, Cinnamon Roll	Cup 2 oz <i>Carbs: 47</i>	Tree Nuts, Wheat	
IW TWP Carbs: 40 * Milk, Soybeans, Wheat	 Cinni Mini, Cinnamon Roll IW TWP	Lucky Charms SS 2 oz Cup TWP Carbs: 46	Kellogg's Pop-Tarts Blueberry 1.7oz Carbs: 36 * Soybeans, Wheat
011	Carbs: 40 * Milk, Soybeans, Wheat		
Sides Upstate Farms Blueberry		Cocoa Puffs SS 2 oz Cup Carbs: 47	Sides
Nonfat Yogurt 4oz TWP Carbs: 19	Sides		HUMMUS, PLAIN TUB REF TWP
* Milk	HUMMUS, PLAIN TUB REF TWP	Sides	Carbs: 5
	Carbs: 5	HUMMUS, PLAIN TUB REF	
Apple Juice 100%		TWP	Assorted Fresh Fruit
Carbs: 15 	Upstate Farms Blueberry	Carbs: 5	
Assorted Fresh Fruit	Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19
JUICE, ORANGE 100% SS		Carbs: 19 * Milk	* Milk
CUP FROZEN TWP	Assorted Fresh Fruit		
Carbs: 13		Assorted Fresh Fruit	Apple Juice 100% Carbs: 15
 Bananas, (7 to 7-1/8 Inch),	Apple Juice 100% Carbs: 15		
Whole Carbs: 27	JUICE, ORANGE 100% SS CUP FROZEN TWP	JUICE, ORANGE 100% SS CUP FROZEN TWP Carbs: 13	JUICE, ORANGE 100% SS CUP FROZEN TWP Carbs: 13
Oranges, Fresh, 138 Count,	Carbs: 13		
Whole Carbs: 14		Peanut Butter Creamy Bulk Tub TWP	Peanut Butter Creamy Bulk Tub TWP
	Peanut Butter Creamy Bulk Tub TWP <i>Carbs:</i> 5	Carbs: 5 * Peanuts, Soybeans	Carbs: 5 * Peanuts, Soybeans
	* Peanuts, Soybeans	 Bananas, (7 to 7-1/8 Inch),	 Bananas, (7 to 7-1/8 Inch),
	Bananas, (7 to 7-1/8 Inch),	Whole Carbs: 27	Whole Carbs: 27
	Whole <i>Carbs:</i> 27		
		Apple Juice 100% Carbs: 15	

Monday

--- 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, Low-fat (1%), With Added Vitamin A and Vitamin D

Carbs: 12 * Milk

- - -

Wednesday **Thursday Friday**

--- Sides ---

Oranges, Fresh, 138 Count, Whole Whole Carbs: 14 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, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12

> * Milk - - -

--- Sides ---

Oranges, Fresh, 138 Count,

- - -

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

> * Milk - - -

--- Sides ---

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

- - -

Grades 9 - 12

Monday Tuesday Wednesday - - Snack Items - -- - Snack Items - -- - Snack Items - -CHEESE, CREAM PLAIN CHEESE, CREAM PLAIN CHEESE, CREAM PLAIN SPREAD LIGHT SS SPREAD LIGHT SS SPREAD LIGHT SS PLASTIC CUP REF PLASTIC CUP REF PLASTIC CUP REF Carbs: 2 Carbs: 2 Carbs: 2 * Milk * Milk * Milk - - -- - -- - ---- Entrees ------ Entrees ------ Entrees ---Peach Cheerios Snack Bar MUFFIN BLUEBERRY WG MUFFIN BLUEBERRY WG WGR IW 2.5 oz RF IW RF IW Carbs: 51 Carbs: 30 Carbs: 30 * Wheat * Soybeans, Eggs, Wheat * Soybeans, Eggs, Wheat Cinni Mini, Cinnamon Roll MUFFIN BLUEBERRY WG Snack Bar, Trix Cereal Bars RF IW **IW TWP** 1.42 oz TWP Carbs: 30 Carbs: 40 Carbs: 29 * Soybeans, Eggs, Wheat * Milk, Soybeans, Wheat * Wheat MUFFIN, CHOCOLATE Snack Bar, Trix Cereal Bars Snack Bar, Trix Cereal Bars 1.42 oz TWP 1.42 oz TWP CHOCOLATE CHIP WHOLE Carbs: 29 Carbs: 29 **GRAIN 2 OZ IW FROZEN** * Wheat * Wheat Carbs: 33 * Milk, Soybeans, Eggs, Wheat BAGEL, PLAIN 4 OZ Lucky Charms SS 2 oz Cup **TWP** SLICED THAW& SERVE Carbs: 46 **FROZEN** Kellogg's Pop-Tarts Blueberry 1.7oz Carbs: 56 - - -* Milk, Soybeans, Eggs, Carbs: 36 MUFFIN, CHOCOLATE Tree Nuts, Wheat * Soybeans, Wheat CHOCOLATE CHIP WHOLE - - -**GRAIN 2 OZ IW FROZEN** Carbs: 33 Cereal, Trix Whole Grain SS BAGEL, PLAIN 4 OZ * Milk, Soybeans, Eggs, SLICED THAW& SERVE Cup 2 oz Wheat Carbs: 47 **FROZEN** Carbs: 56 - - -* Milk, Soybeans, Eggs, MUFFIN, CHOCOLATE Cocoa Puffs SS 2 oz Cup Tree Nuts, Wheat Carbs: 47 CHOCOLATE CHIP WHOLE **GRAIN 2 OZ IW FROZEN** Carbs: 33 SNACK BAR, CEREAL Kellogg's Pop-Tarts * Milk, Soybeans, Eggs, **CINNAMON TOAST** Blueberry 1.7oz CRUNCH IW TWP 1.42 oz Wheat Carbs: 36 Carbs: 30 - - -* Soybeans, Wheat * Wheat Lucky Charms SS 2 oz Cup - - -TWP SNACK BAR, CEREAL Carbs: 46 Cocoa Puffs SS 2 oz Cup **CINNAMON TOAST** Carbs: 47 CRUNCH IW TWP 1.42 oz - - -Carbs: 30 * Wheat - - -

Monday	Tuesday	Wednesday
Entrees	Entrees	Entrees
Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47	Kellogg's Pop-Tarts Blueberry 1.7oz Carbs: 36 * Soybeans, Wheat	Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat
BAGEL, PLAIN 4 OZ SLICED THAW& SERVE FROZEN Carbs: 56 * Milk, Soybeans, Eggs, Tree Nuts, Wheat Cinni Mini, Cinnamon Roll	Peach Cheerios Snack Bar WGR IW 2.5 oz Carbs: 51 * Wheat SNACK BAR, CEREAL CINNAMON TOAST	Lucky Charms SS 2 oz Cup TWP Carbs: 46 Cereal, Trix Whole Grain SS Cup 2 oz Carbs: 47
IW TWP Carbs: 40 * Milk, Soybeans, Wheat	CRUNCH IW TWP 1.42 oz Carbs: 30 * Wheat	Cinni Mini, Cinnamon Roll IW TWP Carbs: 40
Sides	Cocoa Puffs SS 2 oz Cup Carbs: 47	* Milk, Soybeans, Wheat
Upstate Farms Blueberry Nonfat Yogurt 4oz TWP		Sides
Carbs: 19 * Milk Apple Juice 100% Carbs: 15	Sides Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk	HUMMUS, PLAIN TUB REF TWP Carbs: 5
 Assorted Fresh Fruit	HUMMUS, PLAIN TUB REF TWP	Upstate Farms Blueberry Nonfat Yogurt 4oz TWP Carbs: 19 * Milk
JUICE, ORANGE 100% SS CUP FROZEN TWP Carbs: 13	Carbs: 5 Apple Juice 100% Carbs: 15	Assorted Fresh Fruit Apple Juice 100%
Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Assorted Fresh Fruit	Carbs: 15 JUICE, ORANGE 100% SS CUP FROZEN TWP
Oranges, Fresh, 138 Count, Whole Carbs: 14	JUICE, ORANGE 100% SS CUP FROZEN TWP Carbs: 13	COP FROZEN TWP Carbs: 13 Peanut Butter Creamy Bulk
	Peanut Butter Creamy Bulk Tub TWP Carbs: 5 * Peanuts, Soybeans	Tub TWP Carbs: 5 * Peanuts, Soybeans
	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27	Bananas, (7 to 7-1/8 Inch), Whole Carbs: 27

Monday	Tuesday	Wednesday
Milk	Sides	Sides
MILK, Strawberry FF TWP * Milk	Oranges, Fresh, 138 Count, Whole	Oranges, Fresh, 138 Count, Whole
Milk, Chocolate, Non-fat, With Added Vitamin A and	Carbs: 14 	Carbs: 14
Vitamin D Carbs: 34	Milk	Milk
* Milk Milk, Non-fat, With Added	MILK, Strawberry FF TWP * Milk	MILK, Strawberry FF TWP * Milk
Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D	Milk, Chocolate, Non-fat, With Added Vitamin A and Vitamin D
Milk, Low-fat (1%), With Added Vitamin A and	Carbs: 34 * <mark>Milk</mark>	<i>Carbs: 34</i> * <mark>Milk</mark>
Vitamin D Carbs: 12 * 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, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D <i>Carbs: 12</i> * Milk