

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

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

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

Monday	Tuesday	Wednesday
--- 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, 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, Lactose and Fat Free * 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	Milk, Low-fat (1%), With Added Vitamin A and Vitamin D Carbs: 12 * Milk
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