



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> <span style="float: right;"><b>Day 4</b></span>                      Chicken Patty Sandwich on WG Bun                      Baked Fries                      Baby Carrots                      or                      WG Pretzel with Cheese Dipping Sauce or                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>4</b> <span style="float: right;"><b>Day 5</b></span>                      Chicken or Cheese Nachos                      Seasoned Black Beans                      Salsa                      Brown Rice                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>5</b> <span style="float: right;"><b>Day 6</b></span>                      Hot Dog on WG Bun                      Potato Chips                      Seasoned Carrots                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>6</b> <span style="float: right;"><b>Day 1</b></span>                      Cheese or Pepperoni Pizza                      Tossed Salad                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>No School</b></p>
<p><b>No School</b></p>	<p><b>No School</b></p>	<p><b>No School</b></p>	<p><b>No School</b></p>	<p><b>No School</b></p>
<p><b>17</b> <span style="float: right;"><b>Day 2</b></span>                      Chicken Nuggets                      Baked Fries                      Seasoned Corn                      or                      Mozzarella Cheese Sticks                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>18</b> <span style="float: right;"><b>Day 3</b></span>                      Waffles with Syrup                      Sausage Links                      Sliced Cucumbers                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>19</b> <span style="float: right;"><b>Day 4</b></span>                      Hamburger on WG Bun                      Baked Fries                      Seasoned Carrots                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>20</b> <span style="float: right;"><b>Day 5</b></span>                      Cheese Stuffed Bites                      with Dipping Sauce                      Seasoned Green Beans                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>21</b> <span style="float: right;"><b>Day 6</b></span>                      Cheese or Pepperoni Pizza                      Tossed Salad                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>
<p><b>24</b> <span style="float: right;"><b>Day 1</b></span>                      Chicken Patty Sandwich on WG Bun                      Baked Fries                      Baby Carrots                      or                      WG Pretzel with Cheese Dipping Sauce or                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>25</b> <span style="float: right;"><b>Day 2</b></span>                      Walking Taco                      Seasoned Black Beans                      Salsa                      Brown Rice                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>26</b> <span style="float: right;"><b>Day 3</b></span>                      Meatball Sub                      Potato Chips                      Seasoned Carrots                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>27</b> <span style="float: right;"><b>Day 4</b></span>                      French Toast Sticks                      Sausage Links                      Sliced Cucumbers                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>	<p><b>28</b> <span style="float: right;"><b>Day 5</b></span>                      Cheese or Pepperoni Pizza                      Tossed Salad                      or                      WG Bagel w/ Butter/Cream Cheese                      Assorted Fresh Fruit &amp; Veggies                      8 oz Low Fat Milk</p>
<p>A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.</p>		<p><b>Breakfast Cost \$1.65</b>  <b>Lunch Cost \$2.90</b></p>		<p><u>WG: Whole Grain</u> <u>WW: Whole Wheat</u>  <u>LS: Low Sodium</u> <u>RF: Reduced Fat</u></p>
<p><b>** SEE REVERSE SIDE FOR DAILY BREAKFAST &amp; LUNCH ITEMS AND STATE &amp; FEDERAL REGULATIONS</b></p>				

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**New State & Federal Regulations**

Elementary School Grades K-5

350-500 Calories, 540 mg or less of Na+

8 oz Low Fat Milk 91% Skim and Flavored Skim Milk available Daily

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