

USDA 2021-22 REG

1 grain plus 1 grain or 1 mma

and 1/2 c fruit/juice - Offer 1 c fruit, students may take 1/2 c. If offering juice must also offer fruit in equal quantities

and 8 oz milk

students must choose 3 of 4

Monday	Tuesday	Wednesday	Thursday	Friday
CHOOSE ONE:	CHOOSE ONE:	CHOOSE ONE:	CHOOSE ONE:	CHOOSE ONE:
Moe's Bagel + Cream Cheese (1 ea)	Moe's Bagel + Cream Cheese (1 ea)	Moe's Bagel + Cream Cheese (1 ea)	Moe's Bagel + Cream Cheese (1 ea)	Moe's Bagel + Cream Cheese (1 ea)
		Breakfast Burrito		
OR	OR	OR	OR	OR
CHOOSE TWO:	CHOOSE TWO:	CHOOSE TWO:	CHOOSE TWO:	CHOOSE TWO:
Apple or Blueberry Muffin (1)	Apple or Blueberry Muffin (1)	Apple or Blueberry Muffin (1)	Apple or Blueberry Muffin (1)	Apple or Blueberry Muffin (1)
Cinnamon or Strawberry Zee Zee Bar (1)	Cinnamon or Strawberry Zee Zee Bar (1)	Cinnamon or Strawberry Zee Zee Bar (1)	Cinnamon or Strawberry Zee Zee Bar (1)	Cinnamon or Strawberry Zee Zee Bar (1)
SS Yogurt (4 oz)	SS Yogurt (4 oz)	SS Yogurt (4 oz)	SS Yogurt (4 oz)	SS Yogurt (4 oz)
Rockinola Granola (1 oz)	Rockinola Granola (1 oz)	Rockinola Granola (1 oz)	Rockinola Granola (1 oz)	Rockinola Granola (1 oz)
Cinnamon Chex Cereal (1 oz)	Cinnamon Chex Cereal (1 oz)	Cinnamon Chex Cereal (1 oz)	Cinnamon Chex Cereal (1 oz)	Cinnamon Chex Cereal (1 oz)
Cheese Stick (1 oz)	Cheese Stick (1 oz)	Cheese Stick (1 oz)	Cheese Stick (1 oz)	Cheese Stick (1 oz)
AND	AND	AND	AND	AND
CHOOSE ONE OR TWO:	CHOOSE ONE OR TWO:	CHOOSE ONE OR TWO:	CHOOSE ONE OR TWO:	CHOOSE ONE OR TWO:
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Skim or Organic 1% Milk (8 oz)	Skim or Organic 1% Milk (8 oz)	Skim or Organic 1% Milk (8 oz)	Skim or Organic 1% Milk (8 oz)	Skim or Organic 1% Milk (8 oz)
			6 oz. Smoothies	