

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheddar Goldfish Crackers 14g String Cheese 0g Applesauce Cup Listed Below 100% Juice Listed Below Milk 1% 11g - - Chocolate 19g	Pillsbury WG Mini Cinnis 40g Raisins or Craisins Listed Below 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Banana Chocolate Chip Benefit Bar 48g Apple Slices 8g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	WG Pop Tart Listed Below (Cinnamon, Strawberry, or Fudge) Gogurt 8g Banana 27g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Nature Valley Oatmeal Round 39g Strawberry Cup 22g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g
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Cinnamon Goldfish Cracker 19g Apple Slices 8g Peanut Butter# 8g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Pillsbury WG Frudel 36g Applesauce Cup Listed Below 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Scooby Doo Graham Sticks 21g String Cheese 0g Raisins or Craisins Listed Below 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Confetti Pancakes 36g Banana 27g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Super Bakery WG Banana Bread 45g Apple Crisp 10g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g
Maple Waffle Snaps 40g Raisins or Craisins Listed Below 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Pillsbury WG Mini Cinnis 40g Mixed Berry Cup 20g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Chef's Choice A Whole Grain Favorite served with Raisins or Craisins 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Cheddar Goldfish Crackers 14g Apple Slices 8g Peanut Butter# 8g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g	Pillsbury WG Frudel 36g (Apple or Cherry) Banana 27g 100% Juice Listed Below Milk 1% 11g - Chocolate 19g
Juice Box - 4.23oz	Apple Sauce	Raisin & Craisins	Pop tarts 1 count	Milk
Apple 14g Fruit Punch 15g Grape 19g Orange Tangerine 15g Very Berry 17g	Plain 14g Cinnamon 17g Strawberry 17g	Raisin 33g Ocean Spray Craisins 28g Amazin Raisin 25g	Strawberry 36 Fudge 36 Cinnamon 38	2 Choices- 1% White or reduced sugar Skim Chocolate # Contains peanuts or nuts One Free Breakfast / Student Adult Breakfast \$2.45 Menus are subject to change.
				2022-2023