

| District NUTRITION SERVICES 1 |                   |                                     |                              |                  |  |  |  |
|-------------------------------|-------------------|-------------------------------------|------------------------------|------------------|--|--|--|
|                               | ,                 | The following sites will be serving |                              |                  |  |  |  |
|                               | 7/1               | 7/2                                 | 7/3                          | 7/4              | breakfast to anyone 18 years and younger at no charge. |  |  |
|                               | MONDAY            | TUESDAY                             | WEDNESDAY                    | THURSDAY         |  |  |  |
| BREAKFAST                     | Whole Grain Donut | Whole Grain Poptart                 | Whole Grain<br>Breakfast Bar | No classes       | Virginia Lake<br>8:00-8:30                             |  |  |
|                               | 100% Fruit Juice  | 100% Fruit Juice                    | 100% Fruit Juice             |                  |  |  |  |
|                               | Fresh Fruit       | Fresh Fruit                         | Applesauce Cup               |                  | Falcon Park<br>Monday and                              |  |  |
|                               | 1% White Milk     | 1 % White Milk                      | 1% White Milk                |                  |  |  |  |
|                               |                   |                                     |                              |                  | Wednesday only<br>9:00-9:30                            |  |  |
|                               | 7/8               | 7/9                                 | 7/10                         | 7/11             | 9.00-9.30  |  |  |
|                               | MONDAY            | TUESDAY                             | WEDNESDAY                    | THURSDAY         |  |  |  |
| BREAKFAST                     | Whole Grain Donut | Whole Grain Poptart                 | Whole Grain<br>Breakfast Bar | Cinnamon Waffle  |  |  |  |
|                               | 100% Fruit Juice  | 100% Fruit Juice                    | 100% Fruit Juice             | 100% Fruit Juice |  |  |  |
|                               | Fresh Fruit       | Fresh Fruit                         | Applesauce Cup               | Craisins         |  |  |  |
|                               | 1% White Milk     | 1 % White Milk                      | 1% White Milk                | 1% White Milk    |  |  |  |
|                               |                   |                                     |                              |                  |  |  |  |
|                               | 7/15              | 7/16                                | 7/17                         | 7/18             |  |  |  |
|                               | MONDAY            | TUESDAY                             | WEDNESDAY                    | THURSDAY         |  |  |  |
| BREAKFAST                     | Whole Grain Donut | Whole Grain Poptart                 | Whole Grain<br>Breakfast Bar | Cinnamon Waffle  |  |  |  |
|                               | 100% Fruit Juice  | 100% Fruit Juice                    | 100% Fruit Juice             | 100% Fruit Juice |  |  |  |
|                               | Fresh Fruit       | Fresh Fruit                         | Applesauce Cup               | Craisins         |  |  |  |
|                               | 1% White Milk     | 1 % White Milk                      | 1% White Milk                | 1% White Milk    |  |  |  |
|                               |                   |                                     |                              |                  |  |  |  |
|                               | 7/22              | 7/23                                | 7/24                         | 7/25             |  |  |  |
|                               | MONDAY            | TUESDAY                             | WEDNESDAY                    | THURSDAY         |  |  |  |
| BREAKFAST                     | Whole Grain Donut | Whole Grain Poptart                 | Whole Grain<br>Breakfast Bar | Cinnamon Waffle  |  |  |  |
|                               | 100% Fruit Juice  | 100% Fruit Juice                    | 100% Fruit Juice             | 100% Fruit Juice |  |  |  |
|                               | Fresh Fruit       | Fresh Fruit                         | Applesauce Cup               | Craisins         |  |  |  |

|           | 7/29                       | 7/30                | 7/31                         | 8/1              |
|-----------|----------------------------|---------------------|------------------------------|------------------|
|           | MONDAY                     | TUESDAY             | WEDNESDAY                    | THURSDAY         |
| BREAKFAST | Whole Grain Cereal<br>Bowl | Whole Grain Poptart | Whole Grain<br>Breakfast Bar | Cinnamon Waffle  |
|           | 100% Fruit Juice           | 100% Fruit Juice    | 100% Fruit Juice             | 100% Fruit Juice |
|           | Fresh Fruit                | Fresh Fruit         | Applesauce Cup               | Craisins         |
|           | 1% White Milk              | 1 % White Milk      | 1% White Milk                | 1% White Milk    |

1 % White Milk

1% White Milk

| This Institution is an equal opportunity provider            |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Menu changes may occur due to nationwide supply chain issues |  |  |  |  |  |

1% White Milk

1% White Milk