

SEPTEMBER | 2024



K-12 School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day No School	3 Cinnamon Toast Crunch Pastry Apple Milk	4 WG Apple Frudel Pear Milk	5 WG Banana Breakfast Bar Banana Milk	6 WG Mini French Toast Orange Juice Milk
9 WG Pop tart Orange Juice Milk	10 WG Strawberry Bagel Apple Milk	11 WG Banana Bread Pear Milk	12 WG Birthday Cake Bfast Bar Banana Milk	13 WG Donut Orange Juice Milk
16 WG Frosted Mini Wheats String Cheese Orange Juice Milk	17 WG Mini Cinnamon Rolls Apple Milk	18 WG Chocolate Chip Bar Pear Milk	19 No School	20 No School
23 WG Pop Tart Orange Juice Milk	24 Triple Berry Crunch Bar Apple Milk	25 WG Donut Pear Milk	26 WG Blueberry Donut Hole Banana Milk	27 Cherry Frudel Orange Juice Milk
30 WG Cinnamon Toast Crunch String Cheese Orange Juice Milk	1 WG Glazed Donut Apple Milk	2 WG Mini Pancakes Pear Milk	3 WG Lemon Bread Banana Milk	4 WG Donut Orange Juice Milk

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****Please note that all items are subject to change****

Grain/Bread

1-2 yo: ½ oz. equivalent
3-5 yo: ½ oz. equivalent
6-12 yo: 1 oz. equivalent

Vegetable, Fruit, or Both

1-2 yo: ¼ C
3-5 yo: ½ C
6-12 yo: ½ C

Milk

1-2 yo: ½ C Whole Milk
3-5 yo: ¾ C Low Fat/Non-Fat
6-12 yo: 1 C Low Fat/Non-Fat

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Bulk School Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Labor Day</p> <p>No School</p>	<p>3</p> <p>WG Taco Bites Steamed Corn Fruitable Yogurt Cup Diced Peach Cup & Craisins Milk</p>	<p>4</p> <p>Grilled Chicken Breast Baked Beans Steamed Broccoli Banana Milk</p>	<p>5</p> <p>Cheeseburger WG Bun Green Beans Baby Carrots Sidekick & Raisins Milk</p>	<p>6</p> <p>Pizza Romaine Grape Tomatoes Apple Cookie Cheese Stick Milk</p>
<p>9</p> <p>Crispy Chicken Sandwich WG Bun Steamed Corn Baby Carrots Pear Milk</p>	<p>10</p> <p>PB & J Uncrustable Steamed Edamame Cheesy Potatoes Strawberry Cup & Raisins Milk</p>	<p>11</p> <p>Grilled Chicken Sandwich WG Bun Steamed Carrots Broccoli Florets Banana Milk</p>	<p>12</p> <p>WG Turkey Sausage Egg & Cheese Wrap String Cheese Mixed Vegetables Celery Sticks Applesauce & Craisins Milk</p>	<p>13</p> <p>Pizza Romaine Grape Tomatoes Apple Cookie Cheese Stick Milk</p>
<p>16</p> <p>Salisbury Steak WG Bun Steamed Peas Carrot Coins Pear Milk</p>	<p>17</p> <p>Beef Walking Taco WG Doritos Refried Beans Salsa & Cheese Applesauce & Craisins Milk</p>	<p>18</p> <p>Pepperoni Calzone Steamed Carrots Fruitable Banana Milk</p>	<p>19</p> <p>No School</p>	<p>20</p> <p>No School</p>
<p>23</p> <p>BBQ Beef Rib WG Bun Mixed Vegetable Baby Carrots Pear Milk</p>	<p>24</p> <p>WG Egg & Cheese Calzone Cheesy potatoes Fruitable Applesauce & Raisins Milk</p>	<p>25</p> <p>WG Beef Taco Stick Salsa Cup Refried Beans Banana Milk</p>	<p>26</p> <p>Grilled Chicken Sandwich WG Bun Steamed Carrots Fruitable Diced Peaches & Craisins Milk</p>	<p>27</p> <p>Pizza Romaine Grape Tomatoes Apple Cookie Cheese Stick Milk</p>
<p>30</p> <p>Sloppy Joes WG Bun Steamed Cauliflower Baby Carrots Pear Milk</p>	<p>1</p> <p>Chicken Sandwich on a Bun Steamed Edamame Celery Sticks Fruit Cup & Craisins Milk</p>	<p>2</p> <p>Hamburger WG Bun Green Beans Broccoli Florets Banana Milk</p>	<p>3</p> <p>Ham & Cheese Pocket Steamed Carrots Fruitable Pineapple Cup & Raisins Milk</p>	<p>4</p> <p>Pizza Romaine Grape Tomatoes Apple Cookie Cheese Stick Milk</p>

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 9 oz. per week

Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 8 oz. per week

Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2

½ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3

¾ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free