

***Please select at least one option from each of the option groups.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Grain Options					
<i>Cereal Cereals are whole grain</i>					
Cheerios					
Honey Nut Cheerios					
Shredded Wheat					
Chex					
Cinnamon Crunch Toast					
Rice Krispies					
Smart Choice Whole Grain Muffins					
Choc Chip					
Blueberry					
Apple					
Veggie and Fruit Options					
Fresh Cut Vegetables					
Apple Juice					
Orange Juice					
Grape Juice					
Fresh Fruit					
Diced Pears					
Diced Peaches					
Meat/Meat Alternative Options					
Yogurt					
Cheese Stick					
Hard Cooked Egg					
Milk Options (8 ounces)					
1% White					
Skim					
Chocolate					
Strawberry					

***Please return to your child's teacher every Thursday for lunch the following week.**

***Please check a sandwich *or* a salad for your entrée. Each lunch comes with 2 sides.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Options (Entrée Option 1)					
Meat: (choose one)					
Turkey					
Honey Ham					
Sliced Buffalo Chicken					
Roast Beef					
Chicken Salad					
PB&J Uncrustable					
On: (choose one)					
Croissant					
Bulkie Roll					
Sub Roll					
Tortilla Wrap					
Sliced Bread					
Gluten Free Bread					
Toppings:					
American Cheese					
Lettuce					
Tomato					
Mayo					
Mustard					
Honey Mustard					
Ketchup					
Salad Options (Entrée Option 2)					
Grilled Caesar Chicken Salad					
Greek Salad					
Tuna Salad					
Chef Salad					
Choose any 2 Sides with your entrée (one must be a fruit or vegetable)					
Fresh Seasonal Fruit					
Fresh Fruit Cup					
Potato Chips					
Veggie Crunchers					
Cookie					
Milk Choices (circle one)	1% Choc Strawberry	1% Choc Strawberry	1% Choc Strawberry	1% Choc Strawberry	1% Choc Strawberry

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