

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Grain Options					
Cereal <i>Cereals are whole grain</i>					
Cheerios					
Honey Nut Cheerios					
Shredded Wheat					
Chex					
Cinnamon Crunch Toast					
Alpha-Bits					
Cereal Bars					
Cinnamon Crunch Toast Bar					
Golden Gram Cereal Bar					
Pancakes/Waffles					
Eggo Brand Mini Maple Pancakes					
Eggo Brand Mini Maple Waffles					
Smart Choice Whole Grain Muffins					
Choc Chip					
Blueberry					
Apple					
Poptart - Choice of Cinnamon or Strawberry					
Veggie and Fruit Options					
Fresh Cut Vegetables					
Apple Juice					
Orange Juice					
Grape Juice					
Fresh Whole Fruit					
Fruit Cup					
Diced Pears					
Diced Peaches					
Meat/Meat Alternative Options					
Yogurt					
Cheese Stick					
Hard Cooked Egg					
Milk Options (8 ounces)					
1% White Skim Chocolate					

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