

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.	
Muffin App-Cinn	190	Eggo, Pcake, BB	210	Donut WG	230	Bagel Wht IW	300	Bar Cherr App	150	
Banana Loaf	160	No 2nd		No 2nd	0	Cream Cheese Var.	70	Bar Straw Cherrio	150	
SunFlow/ H Egg	170	Mozz/Ched Chee:	60	Saus Stick	40	Mozz/Ched Cheese	80	Yog/Gk Yogurt (Var)	80	
Peach cup	80	Fruit Mix Cup	60	Apple Slices	26	Straw Applesauce	60	Grapes	38	
Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	
Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	wk
Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	avg
High/Middle	780	High/Middle	510	High/Middle	476	High/Middle	690	High/Middle	598	611
Elementary	610	Elementary	500	Elementary	466	Elementary	680	Elementary	438	539

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.	
Poptart Stw	180	App/Cher Frudel	210	Donut Stick WG	180	Ban Choc Bar	290	BKFT Breadstick	160	
Quak Choc Chunk	90	No 2nd		Cin Toast Pouch	110	No 2nd		Granola IW	120	
Saus Stick	40	Mozz/Ched Chee:	60	SunFlow/ H Egg	170	Mozz/Ched Cheese	80	Yog/Gk Yogurt (Var)	80	
Peach cup	80	Fruit Mix Cup	60	Apple Slices	26	Straw Applesauce	60	Grapes	38	
Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	
Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	wk
Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	avg
High/Middle	570	High/Middle	510	High/Middle	666	High/Middle	610	High/Middle	578	587
Elementary	470	Elementary	500	Elementary	546	Elementary	600	Elementary	448	513

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.	
BKFT Bar Cinn T	150	Cinn Mini	240	Donut WG	230	Ban. Bread	280	Ricekrsip App	140	
Chex Choc Car	120	No 2nd		No 2nd		No 2nd		Ricekrsip Mixberr	140	
SunFlow/ H Egg	170	Mozz/Ched Chee:	60	Saus Stick	40	Yog/Gk Yogurt (Var)	80	Mozz/Ched Cheese	80	
Peach cup	80	Fruit Mix Cup	60	Apple Slices	26	Straw Applesauce	60	Grapes	38	
Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	
Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	wk
Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	avg
High/Middle	700	High/Middle	540	High/Middle	476	High/Middle	600	High/Middle	578	579
Elementary	570	Elementary	530	Elementary	466	Elementary	590	Elementary	428	517

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.	
Gran Sweet/salt	170	Ftoast Cin Rush	220	Donut Stick WG	180	Oat ChocChip Bar	290	Saus Slider	150	
G Gramh Pouch	110	No 2nd		Granola IW	120	No 2nd		BKFT Bar Trix	150	
SunFlow/ H Egg	170	Mozz/Ched Chee:	80	Yog/Gk Yogurt (V:	80	Mozz/Ched Cheese	80	Saus Stick	40	
Peach cup	80	Fruit Mix Cup	60	Apple Slices	26	Straw Applesauce	60	Grapes	38	
Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	
Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	wk
Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	avg
High/Middle	710	High/Middle	540	High/Middle	586	High/Middle	610	High/Middle	558	601
Elementary	590	Elementary	530	Elementary	456	Elementary	600	Elementary	398	515

Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.	
Bkft Bar C Puff	150	App Stuff Bstick	240	Donut WG	230	Bagel Straw Cream	240	Rkrispy Choc	150	
Quak Choc Chip	90	No 2nd		No 2nd		No 2nd	70	Poptart Fudge	180	
SunFlow/ H Egg	170	Mozz/Ched Chee:	60	Saus Stick	40	Yog/Gk Yogurt (Var)	80	Mozz/Ched Cheese	80	
Peach cup	80	Fruit Mix Cup	60	Apple Slices	26	Straw Applesauce	60	Grapes	38	
Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	Tot. Juice (Var)	60	
Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	Milk - White	110	wk
Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	Milk - Choc.	120	avg
High/Middle	670	High/Middle	540	High/Middle	476	High/Middle	630	High/Middle	628	589
Elementary	570	Elementary	530	Elementary	466	Elementary	550	Elementary	438	511

**Elementary - Calories based on 1% milk and NO 2nd Grain**

**Every Tuesday is warm grain day**

**Every Wednesday is Donut day**