



Student [first and last] Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday



Menu Due: November 16, 2022

\*Menus Subject to Change\*  
A variety of milk is offered at each meal: 1% White or Fat-Free Chocolate

**Chocolate Crescent** 1  
½ c Fruit Juice  
½ c Fresh Apple  
Milk

**Goldfish Graham** 2  
½ c Fruit Juice  
¼ c Raisins  
Milk

**Granola Bar** 5  
1 oz-eq Yogurt  
½ c Fruit Juice  
½ c Mixed Fruit Cup  
Milk

**Cinnamon Filled Bagel** 6  
½ c Fruit Juice  
½ c Applesauce  
Milk

**Chocolate Chip Muffin** 7  
1oz-eq String Cheese  
½ c Fruit Juice  
½ c Fresh Orange  
Milk

**Apple Frudel** 8  
½ c Fruit Juice  
½ c Fresh Apple  
Milk

**Honey Nut Cheerios** 9  
½ c Fruit Juice  
¼ c Raisins  
Milk

**Nutri-Grain Bar** 12  
1 oz-eq Yogurt  
½ c Fruit Juice  
½ c Mixed Fruit Cup  
Milk

**Strawberry Filled Bagel** 13  
½ c Fruit Juice  
½ c Applesauce  
Milk

**Blueberry Muffin** 14  
1oz-eq String Cheese  
½ c Fruit Juice  
½ c Fresh Orange  
Milk

**Grape Crescent** 15  
½ c Fruit Juice  
½ c Fresh Apple  
Milk

**Chocolate Grahams** 16  
½ c Fruit Juice  
¼ c Raisins  
Milk

**Granola Bar** 19  
1 oz-eq Yogurt  
½ c Fruit Juice  
½ c Mixed Fruit Cup  
Milk

**Cinnamon Filled Bagel** 20  
½ c Fruit Juice  
½ c Applesauce  
Milk

**Double Chocolate Muffin** 21  
1oz-eq String Cheese  
½ c Fruit Juice  
½ c Fresh Orange  
Milk

**Cherry Frudel** 22  
½ c Fruit Juice  
½ c Fresh Apple  
Milk

**Winter Break  
Teacher In-Service** 23

**Winter Break** 26

**Winter Break** 27

**Winter Break** 28

**Winter Break** 29

**Winter Break** 30

Lunch: Full Price \$3.25, Reduced Price \$0.40, Adult Price \$4.75  
Breakfast: Full Price \$2.25, Reduced Priced \$0.30, Adult Price \$3.75