All I all and a second all all and a second				
All lunch entrees served will meet the required 2 m/ma and 1 grain. 1/2 cup fruit will be provided at each meal, 1/4 cup vegetable with lunch, and milk is 8 fl oz. per meal.	203	East Hartford Cold Summer Menu BREAKFAST/LUNCH 2024	Eimmer	<b>SODEXO</b> Making every day a better day
		Wednesday	Thursday	Friday
		12-Jun	13-Jun	14-Jun
		Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
		Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)	Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)
Monday	Tuesday	Wednesday	Thursday	Friday
17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup),100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)	<u>Lunch-</u> Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)	Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)
Monday	Tuesday	Wednesday	Thursday	Friday
24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup),100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Broakfast-	Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)	Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)
Monday 1-Jul	Tuesday 2-Jul	Wednesday 3-Jul	Thursday 4-Jul	Friday 5-Jul
Breakfast-		Breakfast-	4-Jul	
Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup),100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Fourth of July	Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)	<u>No Summer Meals</u>	Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)

Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch- Yogurt (4 oz), Cheese Stick (1 oz), MGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Monday Monday Monday Monday 15-Jul  Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit (1/2 cup), 100% Breakfast- Uunch- Chicken Salad Sandwich on WGR Bread, Whole Fresh Fruit (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Monday Monday 15-Jul  Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), 100% Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Monday 15-Jul  Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Turkey & Cheese Sandwich on WGR Bread, Fresh Whole Fresh Fruit (1/2 e.a.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  WGR Breakfast- WGR Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Turkey & Cheese Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Breakfast- WGR Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100%
Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch- Yogurt (4 oz), Cheese Stick (1 oz), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch- Yogurt (4 oz), Cheese Stick (1 oz), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Monday  Monday  Monday  Tuesday  Tuesday  Tuesday  Tuesday  Tuesday  Tuesday  Total  Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), 100% Fruit (1/2 cup), 100% F
Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch- Yogurt (4 oz), Cheese Stick (1 oz), MGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Lunch- Milk (8 fl oz)  Lunch- Skim Milk (8 fl oz)  Lunch- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  Lunch- Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Monday  Monday  Monday  Tuesday  Monday  Tuesday  15-Jul  Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl
Color   Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
Low Fat / Skim Milk (8 fl oz)
Lunch-    Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)     Milk (8 fl oz)     Lunch-    Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)     Monday
Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Monday  Monday  Tuesday  Monday  Tuesday  More Breakfast- Otis Spunkmeyer WGR Fruit (1/2 cup), (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)  Mednesday  Mednesday  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)  Mednesday  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  More Greal (
WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Monday 15-Jul  Breakfast- Otis Spunkmeyer WGR Fruit (1/2 cup), Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breakfast- Otis Spunkmeyer WGR Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-  Iurkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1/2 cup), Sind Milk (8 fl oz)  Chicken Salad Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), 104, Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), 104, Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), 104, Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), 104, Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), 104, Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), 104, Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), 104, Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2 cup), 104, Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Whole Fresh Fruit (1/2, Low, 1/4c), Low Fat / Skim Milk (
(0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Monday  Monday  15-Jul  Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Milk (8 fl oz)  Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  WGR Bread, Fresh Wnole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)  Wednesday  17-Jul  Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  Lunch-  WGR Bread, Fresh Wnole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)  Wednesday  17-Jul  Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-
(0.75 oz), Applesatice (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)  Ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)
Skim Milk (8 fl oz)   Skim Milk (8 fl oz)   S
Milk (8 fl oz)   Monday   Tuesday   Wednesday   Thursday   Friday   15-Jul   18-Jul   19-Jul   19-Ju
Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-  Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-  Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)
Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-  Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-
Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Breaktast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  Lunch-
Otts Spunkmeyer WGR Fruit Multin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)  WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-
Fruit (1/2 cup), 100% Fruit (1/2 cup), 100% Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-  Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Lunch-  Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)  Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
How Fat / Skim Milk (8 fl oz)  Low Fat / Skim Milk (8 fl oz)
Milk (8 fl oz) Low Pat / Skilli Milk (8 fl oz)
Lunch
I LUNCH- I I I
lunch lunch
Yogurt (4 oz), Cheese Stick (1 oz),  Turkey & Cheese Sandwich on Chicken Salad Sandwich on WGR  Turkey & Cheese Sandwich on WGR  WGB Basel (3 as) Cream Cheese Sandwich on WGR
WGR Bagel (2.3 0Z), Cream Cheese WGR Bread, Whole Fresh Fruit (1   Bread, Fresh Whole Fruit (1 a a ) Italian Sandwich on WGR Bread, WGR Bread, Whole Fresh Fru
1 (0.75 oz) Anniesauce (1/2 cun)   ' ' ' Raisins (1/4c) Grane Lomatoes   ea.) Celery Sticks (1/4c) Low
TBany Carrots (1/4c) Low Fat / Skim L // Skim Milk (8 ti 07) Skim Milk (8 ti 07)
Milk (8 fl oz)  Skim Milk (8 fl oz)  Milk (8 fl oz)
Monday Tuesday Wednesday Thursday Friday
22-Jul 23-Jul 24-Jul 25-Jul 26-Jul 26-Jul
Breakfast- Breakfast- Breakfast- Breakfast- Breakfast-
Otis Spunkmeyer WGR Fruit Muffin WGR Cereal (1 oz), 100% Fruit WGR Cinni Mini Rolls (2.29 oz), WGR Cereal (1 oz), 100% Fruit WGR Fruit Frudel (2.29 oz), F
Fruit Juice (4 fl oz), Low Fat / Skim Milk (9 fl oz)   Juice (4 fl oz), Fresh Fruit (1/2 cup), Juice (4 fl oz), Low Fat / Skim Milk (9 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (9 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (9 fl oz)   Juice (4 fl oz), Low Fat / Skim Milk (9 fl oz)   Juice (4
Milk (8 fl oz)  Low Fat / Skim Milk (8 fl oz)  Low Fat / Skim Milk (8 fl oz)  Low Fat / Skim Milk (8 fl oz)  I oz), Low Fat / Skim Milk (8 fl oz)
Lunch
Yogurt (4 oz), Cheese Stick (1 oz), Lunch: Lunch- Lunch- Lunch- Turkey Ham & Cheese Sandwi
Thicken Salad Sandwich on Chicken Salad Sandwich on WGP I
WGR Bager (2.3 02), Cream Cheese   WGR Bread Whole Fresh Fruit (1   Bread Fresh Whole Fruit (1 e.a.)   Italian Sandwich on WGR Bread,   WGR Bread, Whole Fresh Fru
(0.75 oz), Applesauce (1/2 cup),   Carlos (1/4c), Low Fat / Shap Boas (1/4c), Low Fat / Skim   Raisins (1/4c), Grape Tomatoes   ea.), Celery Sticks (1/4c), Low
Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)
Milk (8 fl oz)
Monday Tuesday Wednesday Thursday Friday
29-Jul 30-Jul 31-Jul 1-Aug 2-Aug
Breakfast- Breakfast- Breakfast- Breakfast- Breakfast-
Otis Spunkmeyer WGR Fruit Muffin   WGR Caroal (1 oz) 100% Fruit   WGR Cinni Mini Rolls (2.29 oz),   WGR Caroal (1 oz) 100% Fruit   WGR Fruit Fruit   WGR Fruit Fruit   WGR Fruit Fruit   WGR Fruit   W
Fruit Juice (4 fl oz) Low Est / Skim Juice (4 fl oz), Fresh Fruit (1/2 cup), Juice (4 fl oz) Low Est / Skim Milk Juice (4 fl oz), Fresh Fruit (1/2 cup), Fruit (1/2 cup), Tow Fruit Juice (4 fl oz)
Milk (8 fl oz)  Low Fat / Skim Milk (8 fl oz)  Low Fat / Skim Milk (8 fl oz)  Low Fat / Skim Milk (8 fl oz)  I oz), Low Fat / Skim Milk (8 fl oz)
Lunch: Lunch: Lunch:
Yogurt (4 oz), Cheese Stick (1 oz), Turkey & Cheese Sandwich on Chicken Salad Sandwich on WGR Turkey & Cheese Sandwich on WGR
WGP Bagel (2.3 oz) Cream Chasse   Turkey & Cheese Sandwich on   Chicken Salad Sandwich on WGR   Italian Sandwich on WGP Bread   WGP Bread Whole Fresh Fri
(0.75 oz) Applesauce (1/2 cup) WGR Bread, Whole Fresh Fruit (1   Bread, Fresh Whole Fruit (1 ea.),   Paisins (1/4c) Grane Tomatoes   ea.) Colory Sticks (1/4c) Low
Baby Carrots (1/4c) Low Eat / Skim Milk (8 fl.oz) Skim Milk (8 fl.oz) Skim Milk (8 fl.oz) Skim Milk (8 fl.oz)
Milk (8 fl oz)  Skim Milk (8 fl oz)  Milk (8 fl oz)
min (51: 52)
Monday Tuesday Wednesday Thursday Friday
5-Aug 6-Aug 7-Aug 8-Aug 9-Aug