

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>October 3, 2022</b>                      1 oz (28.G eq). WG Cereal                      1 oz WG Graham Cracker                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 4, 2022</b>                      2 oz. WG Chocolate Chip Muffin (AC)                      1 Cup Fruit Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 5, 2022</b>                      1 oz (28.G eq). WG Pop tart                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 6, 2022</b>                      1 oz (28.G eq). WG Fruit &amp; Grain Bar                      1 oz WG Graham Cracker                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice                      (Cereal option when available)</p>	<p><b>October 7, 2022</b>                      2.47 oz WG Muffin option                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>
<p><b>October 10, 2022</b>                      1 oz (28.G eq). WG Fruit &amp; Grain Bar                      1 oz WG Graham Cracker                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice                      (Cereal option when available)</p>	<p><b>October 11, 2022</b>                      2.47 oz WG Muffin option                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 12, 2022</b>                      1 oz (28.G eq). WG Cereal                      1 oz WG Graham Cracker                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 13, 2022</b>                      1 oz (28.G eq). WG Pop tart                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 14, 2022</b>                      2.47 oz WG Muffin option                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>
<p><b>October 17, 2022</b>                      2.47 oz WG Blueberry/ Bagel                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 18, 2022</b>                      2.47 oz (28.G eq). WG Cereal                      1 oz WG Graham Cracker                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 19, 2022</b>                      2.47 oz WG Muffin option                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 20, 2022</b>                      1 oz (28.G eq). WG Pop tart                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 21, 2022</b>                      2.47 oz WG Muffin option                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>
<p><b>October 24, 2022</b>                      1 oz (28.G eq). WG Fruit &amp; Grain Bar                      1 oz WG Graham Cracker                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice                      (Cereal option when available)</p>	<p><b>October 25, 2022</b>                      2.47 oz WG Muffin option                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 26, 2022</b>                      1 oz (28.G eq). WG Cereal                      1 oz WG Graham Cracker                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 27, 2022</b>                      2 oz WG Blueberry/ Bagel                      Fruit – 1 Cup Equivalent (AC)                      4-8 oz. 1% Milk Choice                      (Cereal option when available)</p>	<p><b>October 28, 2022</b>                      1 oz (48 G eq). WG Strawberry Pop Tart                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>
<p><b>October 26, 2022</b>                      1 oz (28.G eq). WG Pop tart                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 27, 2022</b>                      2.47 oz WG Muffin option                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 28, 2022</b>                      1 oz (28.G eq). WG Bagel                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice</p>	<p><b>October 29, 2022</b>                      1 oz (28.G eq). WG Fruit &amp; Grain Bar                      1 oz WG Graham Cracker                      1 C Fruit/Juice (A, C)                      4-8 oz. 1% Milk Choice                      (Cereal option when available)</p>	<p><b>October 30, 2022</b>                      2.47 oz WG Muffin option                      1 Cup Fruit/Juice Equivalent (AC)                      4-8 oz. 1% Milk Choice</p>

Proteins: G= Grains, A= Vitamin A, C= Vitamin C, D= Vitamin D, I= Iron, SL= Slice, Ckt= Cracker, Ser= Serving, Tsp= Tablespoon, C= Cup, Mgf= Mgf, Wgr= Wafer, Prtz= Pretzel, Por= Portion

<b>NSLP MEAL PATTERN REQUIREMENTS</b>	<b>Grades K-8 (Min. Requirements)</b>	<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>	<b>Grades 9-12</b>
---------------------------------------	---------------------------------------	---	--------------------

<b>Breakfast</b>	8 oz. ; Daily	<b>Breakfast (K-8)</b>	
------------------	---------------	------------------------	--

<b>Printed Milk/Fluid</b>	½ Cup Fruit: ½ Cup Juice Daily; 5 Cups combined Weekly	<b>Min-max calories (Kcal) 350-550</b>	<b>Min-max calories (Kcal) 450-600</b>
---------------------------	---	--	--

<b>Fruit &amp;/or Vegetable / Juice</b>	1 oz. Daily; 8-10 oz. Weekly	<b>Saturated fat (% of total calories) &lt;10</b>	<b>Saturated fat (% of total calories) &lt;10</b>
---	------------------------------	---	---

<b>Grains/Bread</b>		<b>Sodium (mg) &lt;430-&lt;470</b>	<b>Sodium (mg) &lt;500</b>
---------------------	--	------------------------------------	----------------------------

<b>Meat /Meat Alternate</b>	1 oz. Daily, Combined w/Grain	<b>Trans fat: Nutrition label must indicate zero grams of</b>	<b>Trans fat: Nutrition label must indicate zero grams of</b>
-----------------------------	-------------------------------	---	---

		<b>Trans fat per serving</b>	<b>Trans fat per serving</b>
--	--	------------------------------	------------------------------

• Menu items are subject to change (with notification).