# Breakfast, Lunch and Snack Menu

**October 3-7**

“USDA is an equal opportunity provider and employer.”

<table>
<thead>
<tr>
<th>AM Snack 6:35 AM</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Teacher's Choice Grain</td>
<td>Teacher's Choice Grain</td>
<td>Teacher's Choice Grain</td>
<td>Teacher's Choice Grain</td>
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<tr>
<td>YT - PS: 8:35 AM</td>
<td>Cup of Milk</td>
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<tr>
<td>PK/Y5: 8:45 AM</td>
<td>Teacher's Choice Fruit</td>
<td>Teacher's Choice Fruit</td>
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**Lunch**

**YT: 11:10 AM**

- (ED) Whole Grain Waffles
  - (D) Butter
  - (VG) Syrup
  - (E) Boiled Egg
  - (VG) Tater Tots
  - (D) Yogurt (bulk)
  - (VG) Hand Fruit
  - Cup of Milk

**OT: 11:20 AM**

- Baked Potato Bar
  - (VG) Russet Potato
  - (VG) House Chili
  - (D) Butter/Sour Cream
  - (VG) Broccoli Caesar Salad
  - (ED) Chocolate Chip Cookie
  - (VG) Hand Fruit
  - Cup of Milk

**PS: 11:30 AM**

- (D) Cheese Quesadilla
  - (VG) Pinto Beans
  - (VG) Spanish Rice
  - (VG) Chips/ Salsa
  - (VG) Tropical Fruit Salad
  - Cup of Milk

**PK/Y5: 12:15 PM**

- (ED) Soy Swiss Steak
  - (V) Golden Gravy
  - (VG) Kale
  - (V) WG Dinner Roll
  - (VG) Hand Fruit
  - Cup of Milk

**Alternatives**

**Lunch Entrée**

- Beans and Rice*

<table>
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<tr>
<th>PM Snack Varies</th>
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<tbody>
<tr>
<td>Teacher's Choice Grain</td>
<td>Teacher's Choice Fruit</td>
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<table>
<thead>
<tr>
<th>Evening Snack 5:45 PM</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
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<tbody>
<tr>
<td>Bread</td>
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<tr>
<td>Cup of Water</td>
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<tr>
<td>Fruit</td>
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(V) - Vegan    (G) - Made without gluten containing ingredients    (E) - Contains egg    (N) - Contains nuts    (D) - Contains dairy

*Must have Medical Statement to Request Special Meals and/or Accommodations completed by physician