

## SAMPLE BREAKFAST MENU

| MONDAY                                                                  | TUESDAY                                                                        | WEDNESDAY                                                      | THURSDAY                                                               | FRIDAY                                                                  |
|-------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------|
| WG Muffin-Blueberry (2 oz.)<br>Orange Slices (4 oz.)<br>1% Milk (8 oz.) | WG Poptart-Strawberry<br>(1.76oz.)<br>Apple Slices (4 oz.)<br>1 % Milk (8 oz.) | WG Trix-RS (1oz.)<br>Orange Slices (4 oz.)<br>1 % Milk (8 oz.) | WG Poptart-Fudge (1.76oz.)<br>Apple Slices (4 oz.)<br>1 % Milk (8 oz.) | WG Muffin-Chocolate (2 oz.)<br>Orange Slices (4 oz.)<br>1% Milk (8 oz.) |

WG: Whole Grain

RS: Reduced Sugar

## SAMPLE LUNCH MENU

| MONDAY                                                                                                                            | TUESDAY                                                                                                                                                                               | WEDNESDAY                                                                                                                                                            | THURSDAY                                                                                                                                                | FRIDAY                                                                                                                       |
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| WG Meat & Cheese Lunch Kit<br>(4.58 oz.)<br>Vegetable Juice - Dragon Punch<br>(4.23 oz.)<br>Applesauce (4 oz.)<br>1% Milk (8 oz.) | WG Wowbutter Sandwich (2.4<br>oz.)*<br>String Cheese (1 oz.)<br>Vegetable Juice - Cherry Star<br>(4.23 oz.)<br>Mixed Fruit Cup (4 oz.)<br>WG Baked Cheetos (1 oz.)<br>1% Milk (8 oz.) | WG Chicken Club Wedge<br>Sandwich (4.5oz)<br>Vegetable Juice - Sunset Sip<br>(4.23 oz.)<br>Strawberry Applesauce (4<br>oz.)<br>WG Doritos (1 oz.)<br>1% Milk (8 oz.) | WG Turkey & Cheese Sub (4.5<br>oz)<br>Vegetable Juice - Dragon Punch<br>(4.23 oz.)<br>Mixed Fruit Cup (4 oz.)<br>WG Sunchips (1 oz.)<br>1% Milk (8 oz.) | WG Pepperoni Pizza Kit (5.43<br>oz.)<br>Vegetable Juice - Cherry Star<br>(4.23 oz.)<br>Applesauce (4 oz.)<br>1% Milk (8 oz.) |