



Healthy food.  
Successful students.  
FOOD & NUTRITION SERVICES  
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# NUTRITION BREAK

2022 - 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>● <b>Vanilla Waffle</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>Turkey &amp; Cheese Roll-up</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>Chicken &amp; Waffle Sandwich</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>Farmer's Market Fat Cat Bar</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>Maple Mini Waffles</b></li> </ul>
<ul style="list-style-type: none"> <li>● 100% Fruit Juice</li> <li>● Fresh Fruit Selection</li> </ul>	<ul style="list-style-type: none"> <li>● 100% Fruit Juice</li> <li>● Fresh Fruit Selection</li> </ul>	<ul style="list-style-type: none"> <li>● 100% Fruit Juice</li> <li>● Fresh Fruit Selection</li> </ul>	<ul style="list-style-type: none"> <li>● 100% Fruit Juice</li> <li>● Fresh Fruit Selection</li> </ul>	<ul style="list-style-type: none"> <li>● 100% Fruit Juice</li> <li>● Fresh Fruit Selection</li> </ul>
<ul style="list-style-type: none"> <li>● 1% or Fat Free White Milk</li> </ul>	<ul style="list-style-type: none"> <li>● 1% or Fat Free White Milk</li> </ul>	<ul style="list-style-type: none"> <li>● 1% or Fat Free White Milk</li> </ul>	<ul style="list-style-type: none"> <li>● 1% or Fat Free White Milk</li> </ul>	<ul style="list-style-type: none"> <li>● 1% or Fat Free White Milk</li> </ul>

### COMPONENTS

- Grain
- Fruit
- Milk
- Meat/Meat Alternative

### NUTRITION/ALLERGENS



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Rev. Date 06/30/2022

Menus are subject to change.  
This institution is an equal opportunity provider