

## 2022-2023 Nutrition Break Menu

Monday			Tuesday			Wednesday			Thursday			Friday		
PCS#	Item Name	K-12	PCS#	Item Name	K-12	PCS#	Item Name	K-12	PCS#	Item Name	K-12	PCS#	Item Name	K-12
REC1874	Fresh Fruit Selection	1 ea	REC1874	Fresh Fruit Selection	1 ea	REC1874	Fresh Fruit Selection	1 ea	REC1874	Fresh Fruit Selection	1 ea	REC1874	Fresh Fruit Selection	1 ea
90107	Apple Juice	4 oz	90106	Orange Juice	4 oz	90105	Berry Juice	4 oz	0820	Apple Slices	1 ea	90106	Orange Juice	4 oz
56691	Vanilla Waffle	1 ea	6652	Turkey & Cheese Roll-up	1 ea	65640	Chicken & Waffle Sandwich	1 ea	60891	Farmer's Market Fat Cat Bar	1 ea	0289	Maple Mini Waffles	1 ea
						1509	Graham Cracker	1 ea						
1082-1 1697	1% White Milk or Fat Free White Milk	1 ea	1082-1 1697	1% White Milk or Fat Free White Milk	1 ea	1082-1 1697	1% White Milk or Fat Free White Milk	1 ea	1082-1 1697	1% White Milk or Fat Free White Milk	1 ea	1082-1 1697	1% White Milk or Fat Free White Milk	1 ea

**Note: Both milk varieties (1% white and fat free white) must be offered to students each day**