

**Menu Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
1-Oct				
WG Blueberry Muffin Fresh Apple				
Lancer Dining Services does not use peanuts, pork, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings.				
4-Oct				
5-Oct				
6-Oct				
7-Oct				
8-Oct				
CinniMini Roll Fruit Cup 4OZ 100% Fruit Juice	Trix Cereal Bar Fresh Apple	Yogurt Granola Bites Fresh Orange 4OZ 100% Fruit Juice	Apple Frudel Fresh Banana Fruit Cup	Mini Maple Pancakes Applesauce Cup 4OZ 100% Fruit Juice
11-Oct				
12-Oct				
13-Oct				
14-Oct				
15-Oct				
Mini French Toast Fresh Orange 4OZ 100% Fruit Juice	Cocoa Puff Cereal Bar Fresh Apple	Mini Blueberry Waffles Fruit Cup 4OZ 100% Fruit Juice	WG Bagel Strawberry Cream Cheese Applesauce Cup 4OZ 100% Fruit Juice	WG Apple Cinnamon Muffin Fresh Apple
18-Oct				
19-Oct				
20-Oct				
21-Oct				
22-Oct				
No School	No School	No School	No School	No School
25-Oct				
26-Oct				
27-Oct				
28-Oct				
29-Oct				
Mini French Toast Fresh Orange 4OZ 100% Fruit Juice	Cocoa Puff Cereal Bar Fresh Apple	Mini Maple Waffles Fruit Cup 4OZ 100% Fruit Juice	WG Bagel Strawberry Cream Cheese Applesauce Cup 4OZ 100% Fruit Juice	WG Blueberry Muffin Fresh Apple

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.