

Monday		Tuesday		Wednesday		Thursday		Friday	
Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch
		<b>1</b> <u>Apple Frudel or Cereal</u> *Orange or kiwi 100% Fruit Juice Milk	<u>Chicken Sandwich</u> *Salad or broccoli Apples Canned Fruit 100% Fruit Juice Milk	<b>2</b> <u>Muffin or Cereal</u> Banana Milk	<u>Spaghetti w/ Meat Sauce</u> *Beans or cucumbers *Stone fruit or Grapes Canned Fruit 100% Fruit Juice Milk	<b>3</b> <u>Whole Wheat Bagel or Cereal</u> *Stone fruit or grapes 100% Fruit Juice Milk	<u>Orange Chicken w/ Brown Rice</u> *Jicama or peas Banana & Canned Fruit 100% Fruit Juice Milk	<b>4</b> <u>Yogurt &amp; Crackers or Cereal</u> Sliced apples Milk	<u>Freaky Friday Pizza</u> *Carrots or tomato Fresh/Canned Fruit 100% Fruit Juice Milk
<b>7</b> <i>No school - Labor Day</i>		<b>8</b> <u>Apple Frudel or Cereal</u> *Orange or kiwi 100% Fruit Juice Milk	<u>Hot Dog w/ fries</u> *Salad or broccoli Apples Canned Fruit 100% Fruit Juice Milk	<b>9</b> <u>Muffin or Cereal</u> Banana Milk	<u>Chicken Quesadilla</u> *Beans or cucumbers *Stone fruit or Grapes Canned Fruit 100% Fruit Juice Milk	<b>10</b> <u>Whole Wheat Bagel or Cereal</u> *Stone fruit or grapes 100% Fruit Juice Milk	<u>Beef Teriyaki Dunkers w/ Brown Rice</u> *Jicama or peas Banana & Canned Fruit 100% Fruit Juice Milk	<b>11</b> <u>Yogurt &amp; Crackers or Cereal</u> Sliced apples Milk	<u>Freaky Friday Pizza</u> *Carrots or tomato Fresh/Canned Fruit 100% Fruit Juice Milk
		<b>14</b> <u>Pan Dulce or Cereal</u> Canned Fruit Milk	Chicken Nuggets Corn *Orange or Kiwi Canned Fruit 100% Fruit Juice Milk	<b>15</b> <u>Apple Frudel or Cereal</u> *Orange or kiwi 100% Fruit Juice Milk	<u>Cheeseburger</u> *Salad or broccoli Apples Canned Fruit 100% Fruit Juice Milk	<b>16</b> <u>Muffin or Cereal</u> Banana Milk	<u>Chicken Fajita Meat w/ Spanish Rice</u> *Beans or cucumbers *Stone fruit or Grapes Canned Fruit 100% Fruit Juice Milk	<b>17</b> <u>Whole Wheat Bagel or Cereal</u> *Stone fruit or grapes 100% Fruit Juice Milk	<u>Beefy Macaroni &amp; Cheese</u> *Jicama or peas Banana & Canned Fruit 100% Fruit Juice Milk
<b>21</b> <u>Pan Dulce or Cereal</u> Canned Fruit Milk	Chicken Nuggets Corn *Orange or Kiwi Canned Fruit 100% Fruit Juice Milk	<b>22</b> <u>Apple Frudel or Cereal</u> *Orange or kiwi 100% Fruit Juice Milk	<u>Chicken Sandwich</u> *Salad or broccoli Apples Canned Fruit 100% Fruit Juice Milk	<b>23</b> <u>Muffin or Cereal</u> Banana Milk	<u>Spaghetti w/ Meat Sauce</u> *Beans or cucumbers *Stone fruit or Grapes Canned Fruit 100% Fruit Juice Milk	<b>24</b> <u>Whole Wheat Bagel or Cereal</u> *Stone fruit or grapes 100% Fruit Juice Milk	<u>Chicken Dinner Bowl</u> *Jicama or peas Banana & Canned Fruit 100% Fruit Juice Milk	<b>25</b> <u>Yogurt &amp; Crackers or Cereal</u> Sliced apples Milk	<u>Freaky Friday Pizza</u> *Carrots or tomato Fresh/Canned Fruit 100% Fruit Juice Milk
<b>28</b> <u>Pan Dulce or Cereal</u> Canned Fruit Milk	Chicken Nuggets Corn *Orange or Kiwi Canned Fruit 100% Fruit Juice Milk	<b>29</b> <u>Apple Frudel or Cereal</u> *Orange or kiwi 100% Fruit Juice Milk	<u>Corn Dog</u> *Salad or broccoli Apples Canned Fruit 100% Fruit Juice Milk	<b>30</b> <u>Muffin or Cereal</u> Banana Milk	<u>Turkey Taco Fold</u> *Beans or cucumbers *Stone fruit or Grapes Canned Fruit 100% Fruit Juice Milk				

\*Whichever is available

**If your child(ren) receive free lunch and take only milk, they will be charged .50 cents**

**Menu subject to change**

Five full components must be offered for lunch:

\*Meat/Meat Alternate (M/MA) minimum 1 oz equivalent

\*Grain minimum (G/B) 1 oz equivalent (all grain products must be whole grain rich)

\*Vegetable (V) 3/4 cup

\*Fruit (F) 1/2 cup

\*Fluid Milk (M) 1 cup (fat-free unflavored/flavor or 1% low fat unflavored)

**Example:** A Reimbursable Meal must contain **three** of the five components.

\*Two full components (M/MA, G/B, M) **And**

\*A fruit (F) or vegetable (V) component or a combination of the two to make the third.

\*At least 1/2 cup

Antelope School District			
Breakfast - Students	Amount	Lunch - Students	Amount
Free Meal	\$0.00	Free Meal	\$0.00
Reduced Meal	\$0.30	Reduced Meal	\$0.40
Full Pay Meal	\$1.50	Full Pay Meal	\$2.50
Milk Only	\$0.50	Milk Only	\$0.50
Breakfast - Adults		Lunch - Adults	
Meal	\$2.00	Meal	\$3.00
Milk Only	\$0.50	Milk Only	\$0.50