



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

WG Mini Donuts ⁵
Fruit
100% Fruit Juice
Milk Variety

Cinn Toast Crunch Bar ⁶
Fruit
100% Fruit Juice
Milk Variety

WG Egg & Cheese Biscuit ⁷
Fruit
100% Fruit Juice
Milk Variety

WG French Toast Bar ⁸
Fruit
100% Fruit Juice
Milk Variety

No School ⁹

WG Mini Donuts ¹²
Fruit
100% Fruit Juice
Milk Variety

WG Fruit Strudel ¹³
Fruit
100% Fruit Juice
Milk Variety

WG French Toast Sticks ¹⁴
Fruit
100% Fruit Juice
Milk Variety

WG Egg & Cheese Buritto ¹⁵
Fruit
100% Fruit Juice
Milk Variety

WG Frosted Long Johns ¹⁶
100% Fruit Juice
Fruit
Milk Variety
(2 Hour Early Out)

WG Mini Donuts ¹⁹
Fruit
100% Fruit Juice
Milk Variety

Pancake On A Stick ²⁰
Fruit
100% Fruit Juice
Milk Variety

WG Muffin/Yogurt ²¹
Fruit
100% Fruit Juice
Milk Variety

WG Mini Strawberry ²²
Bagel w/Cream Cheese
Fruit
100% Fruit Juice
Milk Variety
(2Hour Early Out)

NO SCHOOL ²³
WINTER BREAK

NO SCHOOL ²⁶
WINTER BREAK

NO SCHOOL ²⁷
WINTER BREAK

NO SCHOOL ²⁸
WINTER BREAK

NO SCHOOL ²⁹
WINTER BREAK

NO SCHOOL ³⁰
WINTER BREAK

Milk Variety
Chocolate Fat Free
White Fat Free
White 1%
Milk offered at all meals
(Extra Milk \$.40)

Average meal calorie count
Lunch
*K-5 (550-650)
*6-8 (600-700)
*9-12(750-850)

Breakfast \$1.85
Adult BK \$2.40
Lunch \$2.85
Adults \$4.25

Please check your account balance online:
www.indeek12.org
click on "School Lunch Program"

