

# FLLC MENU

## September 18-22, 2017

\*\* Please note: Alternatives are always provided for students with food allergies.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal	Blueberry Muffins	Greek Yogurt	Eggs	Cereal
Raisins	Banana	Berries	Wheat Toast	Raisins
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pasta w/Meat Sauce	Turkey Wrap w/Lettuce & Tomato on Wheat Tortilla	Black Bean & Corn Salad	Chicken Noodle Soup w/Crackers	PB&J Sandwich on Wheat
Green Beans	Cucumbers	Tomatoes	Carrots	Broccoli
Strawberries	Grapes	Oranges	Grapes	Banana
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>
Wheat Thins	Whole Grain Goldfish Crackers	Pretzels	Snack Mix	Carrots w/Yogurt Ranch Dip
Apples	Broccoli	Raisins	Apples	
Water	Water	Water	Water	Water