

K-8 Meal Offerings

Breakfast / Snack Offering

For a meal you must select at least 3 items different items

1. Nutrigrain Bar
 - a. Apple
 - b. Strawberry
 - c. Blueberry
2. Bagel w/cream cheese
3. Pretzels
4. Bagelers
 - a. Plain with cinnamon cream cheese filling
 - b. Plain with regular cream cheese filling
5. Teddy Grahams
6. Fig Newtons
7. Goldfish Crackers
8. French Toast Sticks (currently ADL and Fleming only, as a weekly special)
9. Waffles (currently ADL and Fleming only, as a weekly special)
10. Breakfast Loafs – cinnamon (new intro for 2008)
11. Breakfast Egg Sandwich (currently ADL and Fleming only, as a weekly special)
12. Fresh Fruit; Choice of Fresh Fruit; Vermont Macintosh apple, Vermont Fresh Sliced Apple, Navel Orange, Kiwi, or other seasonally available fruit
13. Choice of milk
 - a. 1 % white
 - b. ½ % chocolate
 - c. skim
14. Choice of juice
 - a. Apple
 - b. Cranberry
 - c. Orange,
 - d. Fruit Punch
 - e. Grape

Lunch Offering

For a meal you must select at least 3 items different items

1. Published Daily Menu offering
2. Sandwich of the Day
3. Potato of the Day
4. Vegetable of the Day
5. Fruit of the Day
6. Fresh Fruit; Choice of Fresh Fruit; Vermont Macintosh apple, Vermont Fresh Sliced Apple, Navel Orange, Kiwi, or other seasonally available fruit
7. Choice of milk
 - a. 1 % white
 - b. ½ % chocolate
 - c. skim
8. Choice of juice
 - a. Apple
 - b. Cranberry
 - c. Orange,
 - d. Fruit Punch
 - e. Grape
9. Daily Second Hot Lunch Choice at ADL School