

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. Plain Bagel w/cream cheese
3. Cinnamon Raisin Bagel w/cream cheese
4. Pretzels
5. Teddy Grahams
6. Fig Newtons
7. Frudel
 - a. Cherry
 - b. Apple
8. Tornados
 - a. Bacon and Cheese
 - b. Sausage and Cheese
 - c. Steak and Cheese
9. Goldfish Crackers
10. French Toast Sticks (currently ADL and Fleming only, as a weekly special)
11. Waffles (currently ADL and Fleming only, as a weekly special)
12. Breakfast Loafs – cinnamon
13. Breakfast Buns
14. Breakfast Bars
15. Breakfast Cookie (high fiber protein breakfast round)
16. Breakfast Egg Sandwich
17. Fresh Fruit; Choice of Fresh Fruit; Vermont Macintosh apple, Vermont Fresh Sliced Apple, Navel Orange, Kiwi, or other seasonally available fruit
18. Choice of milk
 - a. Low Fat Chocolate
 - b. Skim
19. Choice of juice
 - a. Apple
 - b. Orange
 - c. Fruit Punch
 - d. 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. Low Fat Chocolate
 - b. Skim
8. Choice of juice
 - a. Apple
 - b. Orange,
 - c. Fruit Punch
 - d. Grape
9. Daily Second Hot Lunch Choice at ADL School