

School meals are consistent with the Dietary Guidelines for Americans. We offer all whole rich grain bread products and a variety of fruits and vegetables weekly. In addition we offer **1% plain milk**. All **salad dressings** are either **low-fat or non-fat**. **Water is available with all**



Fueling Student Performance Through Healthy Dining

by **sodexo**

Midlands STEM Charter Breakfast Menu — MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Midlands STEM will provide Milk. Menu is Subject to Change Due to product availability		1 Cereal bar(1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	2 Pop-Tart(1pk) Graham Crackers (1 oz.) Fruit(1/2 cup) 100% Fruit Juice (4 oz.)	3 NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz)
6 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	7 NutriGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit(1/2 cup) 100% Fruit Juice (4 oz.)	8 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	9 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	10 Pop-Tart (1 pkg) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)
13 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	14 Pop-Tart (1 pkg) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	15 NutriGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit(1/2 cup) 100% Fruit Juice (4 oz.)	16 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	17 NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)
20 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	21 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	22 Pop Tart (1pkg) Graham Crackers (1 oz.) Fruit(1/2 cup) 100% Fruit Juice (4 oz.)	23 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	24 NutraGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)
27 Pop Tart (1pkg) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	28 Blueberry Muffin (2 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	29 Cereal Bar (1.42 oz) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)	30 NutriGrain Bar (1.55 oz) Graham Crackers (1 oz.) Fruit(1/2 cup) 100% Fruit Juice (4 oz.)	31 Pop Tart (1pkg) Graham Crackers (1 oz.) Fruit (1/2 cup) 100% Fruit Juice (4 oz.)

PORTION SIZES

MILK: 8 OZ
ALL ENTREES ARE 1 EACH AND CONTAIN 0.5 OZ GRAIN AND 1.5 OZ MEAT / MEAT ALTERNATIVE

FRUIT & VEGETABLE SIDES: 4 OZ

COMBINATION FOODS: SERVING SIZE 4 OZ

*YOGURT: 4 OZ. <23G OF SUGAR PER 6 OZ

**CEREALS: REDUCED SUGAR; <6 OZ PER DRY OZ; WHOLE GRAIN

This institution is an equal opportunity provider.