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| **DATE** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8/1 8/29 9/26 10/24 11/21 12/19 1/16** | **WG CEREAL (1 EA)****STRING CHEESE (1EA)****FRUIT JUICE (1EA)****MILK (8OZ-1EA)** | **GRAHAM CRACKERS (1 EA)****YOGURT (1 EA)****FRUIT (1EA)****MILK (8OZ-1EA)** | **BOILED EGG (1EA)****SLICED BREAD (1EA)****FRESH FRUIT (1EA)****MILK (8OZ-1EA)****\*\*MINI CINI 1EA)** | **EGGO FRENCH TOAST (3EA)****FRUIT JUICE (1EA)****MILK (8OZ-1EA)** | **RAISIN BREAD (1EA)****JELLY (1EA)****FRESH FRUIT(1EA)****MILK (8OZ-1EA)****\*\*MUFFIN (1EA)** |
| **8/8 9/5 10/3 10/31 11/28 12/26 1/23** | **WG CEREAL (1 EA)****STRING CHEESE (1EA)****FRUIT JUICE (1EA)****MILK (8OZ-1EA)** | **MUFFIN (1EA)****FRUIT (1EA)****MILK (8OZ-1EA** | **POP TART (1EA)****FRESH FRUIT (1EA)****MILK (8OZ-1EA)** | **EGGO WAFFLES (1EA)** **FRUIT JUICE (1EA)****MILK (8OZ-1EA)** | **WG BAGEL (1EA)****CREAM CHEESE (1EA)****FRESH FRUIT(1EA)****MILK (8OZ-1EA)** |
| **8/15 9/12 10/10 11/7 12/5 1 / 2 1/30** | **WG CEREAL (1 EA)****STRING CHEESE (1EA)****FRUIT JUICE (1EA)****MILK (8OZ-1EA)** | **ZUCCHINI BREAD (1EA)****FRUIT (1EA)****MILK (8OZ-1EA)** | **YOGURT (1EA)****FRESH FRUIT(1EA)****GRAHAM CRACKERS (1EA)****MILK (8OZ-1EA)** | **WAFFLES (1EA)****FRUIT JUICE (1EA)****MILK (8OZ-1EA)** | **MUFFIN (1EA)****FRESH FRUIT(1EA)****MILK (8OZ-1EA)****\*\*MINI CINI (1EA)** |
| **8/22 9/19 10/17 11/14 12/12 1/9** | **WG CEREAL (1 EA)****STRING CHEESE (1EA)****FRUIT JUICE (1EA)****MILK (8OZ-1EA)** | **GLAZED PANCAKES (1 EA)****FRUIT (1EA)****MILK (8OZ-1EA)** | **BANANA BREAD (1EA)****FRESH FRUIT (1EA)****MILK (8OZ-1EA)** | **BOILED EGG (1EA)****SLICED BREAD (1EA)****FRUIT JUICE(1EA)****MILK (8OZ-1EA)** | **EGGO FRENCH TOAST (1EA***)***FRESH FRUIT(1EA)****MILK (8OZ-1EA)****\*\*FRUIT FRUDEL (1EA)** |

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**\*\* = FOR SCHOOLS ONLY**

**GRAB N GO MENU 2022-2023**

**Your cafeteria is managed by**

 **Canteen of Central New Mexico an equal opportunity employer**

