

<i>Served the week of:</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
08/15/22 09/19/22 10/24/22 12/05/22 01/30/23 03/06/23 04/17/23 05/22/23	Cinnamon Crumb Cake Or Cereal & String Cheese Fresh Fruit Fruit Juice	French Toast Or Cereal & Muffin Fruit Cup Fruit Juice	Egg & Cheese Burrito Or Cereal Bar & Yogurt Fresh Fruit Fruit Juice	Concha Bread Or Cereal & Sunflower Seeds Fruit Cup Fruit Juice	Apple Muffin Top Or Cereal & Pop Tart Fresh Fruit Fruit Juice
08/22/22 09/26/22 10/31/22 12/12/22 02/06/23 03/13/23 04/24/23 05/29/23	Pancake Sausage Sandwich Or Cereal & String Cheese Fresh Fruit Fruit Juice	Egg & Cheese Wrap Or Cereal & Muffin Fruit Cup Fruit Juice	Mini Breakfast Cluster Or Cereal Bar & Yogurt Fresh Fruit Fruit Juice	Pumpkin Scone Or Cereal & Sunflower Seeds Fruit Cup Fruit Juice	Sausage & Cheese Sandwich Or Cereal & Pop Tart Fresh Fruit Fruit Juice
08/29/22 10/03/22 11/07/22 01/09/23 02/13/23 03/27/23 005/01/23 06/05/23	Banana Muffin Or Cereal & String Cheese Fresh Fruit Fruit Juice	French Toast Or Cereal & Muffin Fruit Cup Fruit Juice	Egg & Cheese Burrito Or Cereal Bar & Yogurt Fresh Fruit Fruit Juice	Pancake Sausage Stick Or Cereal & Sunflower Seeds Fruit Cup Fruit Juice	Apple Muffin Top Or Cereal & Pop Tart Fresh Fruit Fruit Juice
09/05/22 10/10/22 11/14/22 01/16/23 02/20/23 04/03/23 05/08/23	Pancake Sausage Sandwich Or Cereal & String Cheese Fresh Fruit Fruit Juice	Egg & Cheese Wrap Or Cereal & Muffin Fruit Cup Fruit Juice	Fun N Fruity Waffle Or Cereal Bar & Yogurt Fresh Fruit Fruit Juice	Concha Bread Or Cereal & Sunflower Seeds Fruit Cup Fruit Juice	Peanut Butter & Jelly Or Cereal & Pop Tart Fresh Fruit Fruit Juice
09/12/22 10/17/22 11/28/22 01/23/23 02/27/23 04/10/23 05/15/23	Peanut Butter & Jelly Sandwich Or Cereal & String Cheese Fresh Fruit Fruit Juice	Orange Cranberry Scone Or Cereal & Muffin Fruit Cup Fruit Juice	Chocolate Chip Muffin Or Cereal Bar & Yogurt Fruit Juice Fresh Fruit	Pancake Sausage Stick Or Cereal & Sunflower Seeds Fruit Cup Fruit Juice	Bacon Egg & Cheese Burrito Or Cereal & Pop Tart Fresh Fruit Fruit Juice

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- mail:**
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410; or
email:
program.intake@usda.gov

This institution is an equal opportunity provider.

Food Services is happy to welcome students back for the 2022-2023 school year! Under USDA guidelines, all meals are provided to students at NO-CHARGE. Our menus reflect guidelines as much as preference and taste! Food Services offers Students two entrée choices each day to select from in addition to their daily side items. Our menus bring the best of whole grains, lean proteins and those important fruits and vegetables that help students learn and grow. Please visit our website for more information at avfood.org.

**MENU IS SUBJECT TO CHANGE
HELUS**