

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

Meal Includes: One Entrée, One or More Sides and Milk.



Fueling Student Performance Through Healthy Dining

by **sodexo**

Fall 2020 Grab & Go Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Midlands STEM Charter School supplies the Milk				
Note: This Menu is Subject To Change.				
<u>October 12</u>	13	14	15	16
Pop-Tart Fruit Juice	Cereal Fruit Juice	NutraGrain Bar Fruit Juice	Muffin Fruit Juice	Cereal Juice Fruit
19	20	21	22	23
Pop-Tart Fruit Juice	NO SCHOOL	Cereal Fruit Juice	Muffin Fruit Juice	NutraGrain Bar Fruit Juice
26	27	28	29	30
Pop-Tart Fruit Juice	Cereal Fruit Juice	NutraGrain Bar Fruit Juice	Muffin Fruit Juice	Cereal Juice Fruit
<u>November 2</u>	3	4	5	6
Pop-Tart Fruit Juice	ELECTION DAY NO SCHOOL	Cereal Fruit Juice	Muffin Fruit Juice	NutraGrain Bar Fruit Juice

PORTION SIZES: MILK: 8 OZ ALL ENTREES ARE 1 EACH AND CONTAIN 2 OZ GRAIN / 2 OZ MEAT / MEAT ALT

FRUIT AND VEGETABLES SIDES: 4 OZ. EXCEPT SALAD: 1 CUP JUICE: 100% FRUIT JUICE 6 OZ.

This institution is an equal opportunity provider.