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|  | **Meals Lunch/**  **Supper** | **C01 Nacho Meal Kit** | **C02 Buffalo Chicken Salad** | **C03**  **Nut-Free Dippers** | **C04**  **Cheese Pizza Meal** | **C05**  **Taco Snack** | **C06**  **Bean Dip** | **C07**  **PB&J Meal** | **C08**  **Pepperoni Pizza Meal** | **C09**  **BBQ Chicken Nuggets** | **C10**  **Turkey & Swiss** |
| 1 cup / 8 oz | Fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk | UHT 1% fluid Milk |
| 2 ounces | Meat or Meat Alternate | Chedder Cheese Cup (2oz)  Sunflower Seeds (1oz) | Buffalo Style Chicken  (2 oz) | Roasted Chickpeas (1oz)  Sun butter Cup (1.1oz) | Mozzarella Cheese Plank (1oz)  Sunflower Kernels  (2 oz) | Hummus Cup  (1oz)  Roasted Chickpeas  (1 oz) | Ranch Roasted Chickpeas (1oz)  Bean Dip  (1oz) | Peanut Butter (1oz)  Sunflower Seeds (1oz) | Mozzarella Cheese Plank (1oz)  Pepperoni Beef Stick (1oz) | BBQ Chicken Bites (1oz)  Sunflower Seeds (1oz) | Turkey ‘n Swiss Combo (1oz)  Sunflower Kernels  (1oz) |
| ¾ cup total | Fruit/Vegetable (2 or more) | Red Gold Salsa (½ cup)  Strawberry Raisins (¼ cup) | Apple Sauce Pouch (½ cup)  100% Veggie Juice (½ cup) | Fruit Cup (½ cup)  Craisins  (¼ cup) | Marinara Cup  (¼ cup)  100% Fruit Juice (½ cup) | Apple Sauce Pouch (½ cup)  Veggie Juice (½ cup) | Apple Sauce Pouch (½ cup)  Veggie Juice (½ cup) | Fruit Cup (½ cup)  Raisins (¼ cup) | Marinara Cup  (¼ cup)  100% Fruit Juice (½ cup) | Apple Sauce Pouch (½ cup)  100% Veggie Juice (½ cup) | Fruit Cup (½ cup)  Raisins (¼ cup) |
| 1 slice / oz equivalent | Bread or Bread Alternate | Chilli Lime Savory Crackers (1 oz) | Whole Wheat Tortilla (1.5oz) | Whole Grain Original Grahams (1 oz) | Savory Bites Pizza Crackers (1oz) | Chilli Lime Savory Crackers (1oz) | Chilli Lime Savory Crackers (1oz) | Whole Wheat Tortilla (1oz) | Savory Bites Pizza Crackers (1oz) | Pepperidge Farm Pretzel Goldfish (1oz) | Whole Grain Original Grahams (1oz) |