

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 meals.



Fueling Student Performance Through Healthy Dining

by **sodexo**

Midlands STEM Charter Breakfast Menu – April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Midlands STEM will provide Milk. Menu is Subject to Change				1 Cinnamon Bagel Fruit 100% Apple Juice
4 NutraGrain Bar Graham Crackers Fruit 100% Fruit Juice	5 Apple NutriGrain Bar Graham Crackers Fruit 100% Fruit Juice	6 Cereal Graham Crackers Fruit 100% Fruit Juice	7 Pop-Tart Graham Crackers Fruit 100% Fruit Juice	8 Cereal Bar Graham Crackers Fruit 100% Fruit Juice
11 SPRING BREAK NO SCHOOL	12 SPRING BREAK NO SCHOOL	13 SPRING BREAK NO SCHOOL	14 SPRING BREAK NO SCHOOL	15 SPRING BREAK NO SCHOOL
18 Pop-Tart Graham Crackers Fruit 100% Fruit Juice	19 Cereal Bar Graham Crackers Fruit 100% Fruit Juice	20 Cereal Graham Crackers Fruit 100% Fruit Juice	21 Blueberry Muffin Graham Crackers Fruit 100% Fruit Juice	22 NutraGrain Bar Graham Crackers Fruit 100% Fruit Juice
25 NutraGrain Bar Graham Crackers Fruit 100% Fruit Juice	26 Blueberry Muffin Graham Crackers Fruit 100% Fruit Juice	27 Pop-Tart Graham Crackers Fruit 100% Fruit Juice	28 NutriGrain Bar Graham Crackers Fruit 100% Fruit Juice	29 Cinnamon Bagel Fruit 100% Apple Juice

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.