



## Breakfast Menu Halal K-12

Monday	Tuesday	Wednesday	Thursday	Friday
WG Chocolate Oatmeal Bar (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 290 Calories 480            Carbohydrates 89 Sugar 67</i>	Cinnabar Strudel (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 400 Calories 490            Carbohydrates 85 Sugar 63</i>	WG Honey/Cinnamon Roll (2 grains) Apple or Applesauce (1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 390 Calories 450            Carbohydrates 75 Sugar 57</i>	WG Smart Chocolate Muffin (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 330 Calories 480            Carbohydrates 86 Sugar 50</i>	WG Cereal (1.grain) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 320 Calories 470            Carbohydrates 99 Sugar 66</i>
Monday	Tuesday	Wednesday	Thursday	Friday
WG Blueberry Oatmeal Bar (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 290 Calories 480            Carbohydrates 89 Sugar 67</i>	Fruit Drizzle Roll (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 310 Calories 500            Carbohydrates 101 Sugar 73</i>	WG Honey/Cinnamon Roll (2 grains) Apple or Applesauce (1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 390 Calories 450            Carbohydrates 75 Sugar 57</i>	WG Zucchini Bread Slice (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 290 Calories 450            Carbohydrates 89 Sugar 66</i>	WG Cereal (1.grain) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)  <i>Sodium 320 Calories 470            Carbohydrates 99 Sugar 66</i>

**NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE**

**“this institution is an equal opportunity provider”**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at [800-877-8339](tel:800-877-8339). Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call [866-632-9992](tel:866-632-9992). Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: [202-690-7442](tel:202-690-7442); or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)