

EXHIBIT C: 21-DAY MENUS

Junior High Breakfast Menu

Daily Special/Everyday
Assorted Muffins offered with String Cheese or Graham Crackers
Assorted breakfast breads



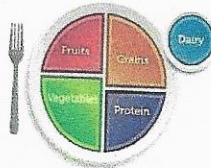
MONDAY	Fruit & Yogurt Parfait	V
TUESDAY	Assorted Bagels & Cream Cheese	V
WEDNESDAY	Fruit & Yogurt Parfait	V
THURSDAY	Assorted Bagels & Cream Cheese	V
FRIDAY	Fruit & Yogurt Parfait	V

Daily Special/ Everyday
Assorted Cereal & Oatmeal served daily
Offered with String Cheese or Graham Crackers



MONDAY	Egg & Cheese Breakfast Burrito	V
TUESDAY	Egg & Cheddar Cheese on English Muffin	V
WEDNESDAY	Pancakes & Sausage	V
THURSDAY	Sausage & Cheese Biscuit Sandwich	V
FRIDAY	Waffles & Sausage	V

Choose My Plate



ChooseMyPlate.gov

My Plate is a reminder to find your healthy eating style and build it through out your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. My Plate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

Fresh Pick

Fresh Pick is a nutrition education program by Sodexo and is designed to further the awareness of the many benefits of eating fruits, vegetables and whole grains among students, parents, guardians, faculty, staff and the entire community. Each month as part of the program, we feature a specific fruit, vegetable or whole grain in a variety of engaging collateral and classroom materials as well as on our menus and dining specials.



Enjoy Figs!



Include figs in your diet to help meet your body's daily requirements for a variety of important vitamins and minerals. A 1/2-cup serving of dried figs contains 15 percent of the daily adult requirement of calcium; 12 percent of the requirement of magnesium; 11 percent of the requirement of potassium and 19 percent of the requirement of iron. Figs also provide a good amount of dietary fiber.

