



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chef Choice Pear 27g 1% Milk	<b>4</b> Pancake on a Stick 17g Banana 27g 1% Milk	<b>5</b> Yogurt 19g Granola 20g Sliced Oranges 21g 1% Milk	<b>6</b> Egg/Cheese Wrap 13g Blueberries 11g 1% Milk	<b>7</b> Coco Puff Bar 30g String Cheese 1g Apple 25g 1% Milk
	<b>11</b> Biscuit/Egg/Sausage 29g Sandwich Blueberries 11g 1% Milk	<b>12</b> Glazed Bun 34g Banana 27g 1% Milk	<b>13</b> Egg/Cheese Sliders 23g Pear 27g 1% Milk	<b>14</b> Blueberry Muffin 47g Apple Slices 18g 1% Milk
<b>17</b> Toostie Scoots 23g String Cheese 1g Sliced Oranges 21g 1% Milk	<b>18</b> Pancake Sausage sandwich 17g Banana 27g 1% Milk	<b>19</b> Sun Butter Sandwich 33g Pear 27g 1% Milk	<b>20</b> Waffles/Syrup 36g Apple 25g 1% Milk	<b>21</b> Pop Tarts 36g Sliced Oranges 21g 1% Milk
<b>24</b> Froot Loop Cereal 8g Grahams 17g Blueberries 11g 1% Milk	<b>25</b> Pancake on a Stick 17g Banana 27g 1% Milk	<b>FALL PICTURES</b> <b>26</b> Banana Bread 45g Pear 27g 1% Milk	<b>27</b> Croissant Egg/Cheese/Sausage 31g Apple 25g 1% Milk	<b>28</b> Nutri Grain Bar 30g Yogurt Tube 8g Sliced Oranges 21g 1% Milk
<b>10:30 EARLY DISMISSAL</b> <b>31</b> Chocolate Chip Muffin 33g Pear 27g 1% Milk				

Food Allergies & Intolerances are only accommodated with Physical documentation, per the Illinois State Board of Education. Any accommodations need to be approved by Laraway Food Service Director in partnership with Laraway School Nurse. Pre- K, Kindergarten, and First grade students are provided a free snack daily. Our menus adhere to Nutrition guidelines set by USDA. We reserve the right to alter the menu, based on availability or quality concerns. WG=Whole Grain rich meal component. Fresh Fruit= a possible serving of fresh apple, oranges, banana, pear, berries, grapes and melon. This institution is prohibited from discrimination on basis of race, color, national origin, sex age or disability. Questions or Comments regarding menu, please contact: Angela Crowder (815)727-5196 or acrowder@laraway70c.org 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. 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 PDF Document (AD-3027) found online at <https://www.ascr.usda.gov/how-file-program-discrimination-complaint>, 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. 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 2) Fax: (202) 690-7442; or 3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov) This institution is an equal opportunity provider. Nutritional information is provided as a courtesy, Laraway CCSD 70C can't guarantee its accuracy.