

Brunch Menu Summer 2024

-AH Regional, AMS Fred Moore, Coon Rapids Middle, Northdale Middle

-Anoka HS (from Wilson), River Trail (from Wilson), AH Tech (from Wilson)

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Stick (1oz) Yogurt Cup (4 oz) Cereal Bowl (1 oz) Graham Snack or Crackers (1 bag) Juice (4 oz) Fruit (½ cup) Milk (8 oz)	Strawberry Bagel (1 each) Cheese Stick (1 oz) Sunflower seeds (1 bag) Juice (4 oz) Fruit (½ cup) Milk (8 oz)	Cheese Stick (1 oz) Yogurt Cup (4 oz) Muffin (2 oz) Graham Snack or Crackers (1 bag) Juice (4 oz) Fruit (½ cup) Milk (8 oz)	Mini Cinni (1 each) Sunflower seeds (1 bag) Cheese Stick (1 oz) Juice (4 oz) Fruit (½ cup) Milk (8 oz)	PBJ Uncrustable (2.6 oz) Cheese Stick (1 oz) Graham Snack or Crackers (1 bag) Juice (4 oz) Fruit (½ cup) Milk (8 oz)

Juice or milk optional

Milk Options - skim white, 1% white, or fat-free chocolate (8 oz.)

Menus subject to change.

This institution is an equal opportunity provider.