



THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
July 31, 2017	August 1, 2017	August 2, 2017	August 3, 2017	August 4, 2017
August 7, 2017	August 8, 2017	August 9, 2017	August 10, 2017	August 11, 2017
August 14, 2017	August 15, 2017	August 16, 2017	August 17, 2017	August 18, 2017
		FROSTED FLAKES (LOW SUGAR) Strawberry Pancake Square Fresh Fruit Choice of Milk	MAPLE PANCAKES Fresh Fruit Orange Juice Choice of Milk	COCOA PUFFS Animal Grahams Fresh Fruit Choice of Milk
August 21, 2017	August 22, 2017	August 23, 2017	August 24, 2017	August 25, 2017
CINNAMON TOAST CRUNCH Graham Crackers Craisins Blended Fruit Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN Pineapple Tidbits Orange Juice Ketchup Choice of Milk	STRAWBERRY YOGURT Peach Mini Loaf Fresh Fruit Choice of Milk	WAFFLES Fresh Fruit Grape Juice Syrup Choice of Milk	MINI WHEATS LITTLE BITES French Toast Breakfast Bar Fresh Fruit Choice of Milk
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
RICE KRISPIES Cherry Breakfast Bar Craisins Orange Juice Choice of Milk	STRAWBERRY PANCAKES Pineapple Tidbits Grape Juice Choice of Milk	MOZZARELLA STRING CHEESE Banana Muffin Fresh Fruit Choice of Milk	CHICKEN BISCUIT Fresh Fruit Blended Fruit Juice Honey Choice of Milk	

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.



NEW SCHOOL YEAR, NEW MENU!!!

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Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
08-16-2017	FROSTED FLAKES (LOW SUGAR)	100	0	0	0	0	160	24	2	7	2	150	21	0	8	G/B:1sv WG
	Strawberry Pancake Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-17-2017	MAPLE PANCAKES	180	4	2	0	5	240	32	2	8	4	0	0	60	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-18-2017	COCOA PUFFS	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
	Animal Grahams	120	4	0	0	0	115	20	2	6	2	0	0	0	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-21-2017	CINNAMON TOAST CRUNCH	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Graham Crackers	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-22-2017	TURKEY HAM & CHEESE ON ENGLISH MUFFIN	207	6	3	0	28	553	25	4	2	11	30	0	175	2	MMA:1oz G/B:2sv WG
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-23-2017	STRAWBERRY YOGURT	80	0	0	0	5	65	16	0	13	4	0	0	150	0	MMA:1oz
	Peach Mini Loaf	137	4	0	0	0	173	23	2	7	2	2	0	31	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-24-2017	WAFFLES	130	3	0	0	0	300	24	4	2	4	0	0	80	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Syrup	73	0	0	0	0	3	19	0	9	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-25-2017	MINI WHEATS LITTLE BITES	100	1	0	0	0	105	23	3	6	3	0	0	0	8	G/B:1sv WG
	French Toast Breakfast Bar	170	6	2	0	0	60	27	2	9	3	0	0	20	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

Nutritional Information: THE INTERGENERATIONAL SCHOOL

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
08-28-2017	RICE KRISPIES	100	0	0	0	0	170	23	1	1	2	200	12	0	8	G/B:1sv WG
	Cherry Breakfast Bar	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-29-2017	STRAWBERRY PANCAKES	180	4	2	0	5	240	32	2	7	4	0	0	80	1	G/B:2sv WG
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-30-2017	MOZZARELLA STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Banana Muffin	172	6	0	0	0	181	28	2	8	3	1	3	23	1	G/B:1.25sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
08-31-2017	CHICKEN BISCUIT	265	10	2	0	12	535	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: THE INTERGENERATIONAL SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
08-16-2017	FROSTED FLAKES (LOW SUGAR)							X	X
	Strawberry Pancake Square		X					X	X
	Fresh Fruit								
	Choice of Milk	X							
08-17-2017	MAPLE PANCAKES	X	X					X	X
	Fresh Fruit								
	Orange Juice								
	Choice of Milk	X							
08-18-2017	COCOA PUFFS								
	Animal Grahams		X					X	X
	Fresh Fruit								
	Choice of Milk	X							
08-21-2017	CINNAMON TOAST CRUNCH							X	X
	Graham Crackers							X	X
	Craisins								
	Blended Fruit Juice								
	Choice of Milk	X							
08-22-2017	TURKEY HAM & CHEESE ON ENGLISH MUFFIN	X						X	X
	Pineapple Tidbits								
	Orange Juice								
	Ketchup								
	Choice of Milk	X							
08-23-2017	STRAWBERRY YOGURT	X							
	Peach Mini Loaf								X
	Fresh Fruit								
	Choice of Milk	X							
08-24-2017	WAFFLES	X	X					X	X
	Fresh Fruit								
	Grape Juice								
	Syrup								
	Choice of Milk	X							
08-25-2017	MINI WHEATS LITTLE BITES							X	X
	French Toast Breakfast Bar							X	X
	Fresh Fruit								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
08-28-2017	RICE KRISPIES								
	Cherry Breakfast Bar							X	X
	Craisins								
	Orange Juice								
	Choice of Milk	X							
08-29-2017	STRAWBERRY PANCAKES	X	X					X	X
	Pineapple Tidbits								
	Grape Juice								
	Choice of Milk	X							
08-30-2017	MOZZARELLA STRING CHEESE	X							
	Banana Muffin								X
	Fresh Fruit								
	Choice of Milk	X							
08-31-2017	CHICKEN BISCUIT	X						X	X
	Fresh Fruit								
	Blended Fruit Juice								
	Honey								
	Choice of Milk	X							