

Intermetzo

Fall 2018 Meal Exchange

Breakfast 9a-11:25a Monday-Friday	Fruit	4 oz Yogurt		
Side (Choose One)				
Otis Spunkmeyer Muffin	●	●		
Uncrustable	●	●		
Cereal Cup w/Milk	●	●		
Side (Choose One)				
Drinks (Choose One)				
12 oz Coffee		10 oz Juice		
12 oz Rituals Tea		8 oz Milk		
12 oz Canned Soda				

Lunch 11:30a-4:25p Dinner 4:30p-Midnight Monday-Friday	Fruit	4 oz Yogurt	Chips	Side Salad
Side (Choose One)				
Sandwich	●	●	●	●
Uncrustable	●	●	●	●
Scoops	●	●	●	●
Salad	●	●	●	●