2024-2025 School Year

Campus Level: PreK

1	Entrée 1: Yogurt Parfait with Graham Crackers Crumble Entrée 2: WG Assorted Cereal
	Fresh Orange Slices; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-Free Milk)
2	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Watermelon Cubes; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 -
	1% or Fat-Free Milk)
3	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal
	Fresh Banana; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-Free Milk)
4	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal
	Fresh Sliced Strawberries; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
_	Free Milk) Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal
5	Fresh Sliced Local Apple; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk)
6	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Banana; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk)
7	Entrée 1: Peach Smoothie; Graham Crackers Entrée 2: WG Assorted Cereal
	Fresh Sliced Local Apple; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk)
8	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal
	Fresh Watermelon Cubes; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk) Free Milk) Free Milk)
9	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal Fresh Sliced Local Peaches; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk)
10	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Sliced Strawberries; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 -
	1% or Fat-Free Milk)
11	Entrée 1: Yogurt Parfait with Graham Crackers Crumble Entrée 2: WG Assorted Cereal
	Fresh Orange Slices; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-Free
	Milk)
12	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Watermelon Cubes; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 –
10	1% or Fat-Free Milk)
13	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal Fresh Banana; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-Free Milk)
14	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal
14	Fresh Sliced Strawberries; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk)
15	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal
	Fresh Sliced Local Apple; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk)
16	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal

	WG Toast; Fresh Banana; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-Free Milk)
17	Entrée 1: Peach Smoothie; Graham Crackers Entrée 2: WG Assorted Cereal
	Fresh Sliced Local Apple; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-Free Milk)
18	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal
	Fresh Watermelon Cubes; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk)
19	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal
	Fresh Sliced Local Peaches; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-
	Free Milk)
20	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Sliced Strawberries; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 -
	1% or Fat-Free Milk)
21	Entrée 1: Yogurt Parfait with Graham Crackers Crumble Entrée 2: WG Assorted Cereal
	Fresh Orange Slices; Unflavored Milk (Age 1 – Whole Milk; Age 2-5 - 1% or Fat-Free
	Milk)

2024-2025 School Year

Campus Level: K-5

1	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk
2	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk
3	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal
	Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk
4	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal
	Fresh Sliced Strawberries; Unflavored or Flavored 1% or Fat-free Milk
5	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal
	Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk
6	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk
7	Entrée 1: Peach Smoothie Entrée 2: WG Assorted Cereal
	Graham Crackers; Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk
8	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal
	Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk
9	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal
	Fresh Sliced Local Peaches; Unflavored or Flavored 1% or Fat-free Milk
10	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Sliced Strawberries; Unflavored or Flavored 1% or Fat-free Milk
11	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk
12	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk
13	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal
	Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk
14	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal
	Fresh Sliced Strawberries; Unflavored or Flavored 1% or Fat-free Milk
15	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal
	Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk
16	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal
	WG Toast; Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk
17	Entrée 1: Peach Smoothie Entrée 2: WG Assorted Cereal
- 0	Graham Crackers; Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk
18	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal
	Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk
19	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal
	Fresh Sliced Local Peaches; Unflavored or Flavored 1% or Fat-free Milk
20	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal
0.5	WG Toast; Fresh Sliced Strawberries; Unflavored or Flavored 1% or Fat-free Milk
21	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk

2024-2025 School Year

Campus Level: K-12

	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal Entrée 3: Turkey
	Sausage and Cheese English Muffin Eroch Clicad Chrowb arriver Unflewared on Flewared 19/ on Fet free Milly Salae
	Fresh Sliced Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa Francis de MC Franck Tooch Francis as MC Assorted Corol Francis as Breekfeet Tooch
_	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Peach Smoothie Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Graham Crackers; Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal Entrée 3: Turkey Sausage and Cheese English Muffin
	Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Peaches; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Sliced Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal Entrée 3: Turkey
	Sausage and Cheese English Muffin
	Fresh Sliced Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
15	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk; Salsa
16	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
17	Entrée 1: Peach Smoothie Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Graham Crackers; Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk;
	Salsa
	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal Entrée 3: Turkey Sausage and
	Cheese English Muffin

	Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
19	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Peaches; Unflavored or Flavored 1% or Fat-free Milk; Salsa
20	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Sliced Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
21	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa

2024-2025 School Year

Campus Level: 6-8

1	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa
2	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
3	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
4	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal Entrée 3: Turkey
	Sausage and Cheese English Muffin
_	Fresh Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
5	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk; Salsa
6	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
7	Entrée 1: Peach Smoothie Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Graham Crackers; Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk;
	Salsa
8	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal Entrée 3: Turkey Sausage and
	Cheese English Muffin
_	Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
9	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Peaches; Unflavored or Flavored 1% or Fat-free Milk; Salsa
10	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
11	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa
12	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
12	WG Toast; Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
13	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal Entrée 3:
13	Breakfast Taco
	Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
14	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal Entrée 3: Turkey
	Sausage and Cheese English Muffin
	Fresh Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
15	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
-0	Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk; Salsa
16	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
17	Entrée 1: Peach Smoothie Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
,	Graham Crackers; Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk;
	Salsa
18	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal Entrée 3: Turkey Sausage and
	Cheese English Muffin
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	Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
19	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Peaches; Unflavored or Flavored 1% or Fat-free Milk; Salsa
20	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
21	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa

2024-2025 School Year

Campus Level: 9-12

1	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3:
1	Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa
2	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
_	WG Toast; Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
3	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal Entrée 3:
J	Breakfast Taco
	Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
4	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal Entrée 3: Turkey
7	Sausage and Cheese English Muffin
	Fresh Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
5	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
O	Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk; Salsa
6	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
7	Entrée 1: Peach Smoothie Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Graham Crackers; Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk;
	Salsa
8	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal Entrée 3: Turkey Sausage and
	Cheese English Muffin
	Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
9	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Peaches; Unflavored or Flavored 1% or Fat-free Milk; Salsa
10	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
11	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa
12	Entrée 1: Vegetable Frittata Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
12	WG Toast; Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
13	Entrée 1: WG Apple Cinnamon Muffin Entrée 2: WG Assorted Cereal Entrée 3:
13	Breakfast Taco
	Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
14	Entrée 1: Scrambled eggs; Biscuit Entrée 2: WG Assorted Cereal Entrée 3: Turkey
-т	Sausage and Cheese English Muffin
	Fresh Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
15	Entrée 1: WG French Toast Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk; Salsa
16	Entrée 1: Fruit Oatmeal Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Banana; Unflavored or Flavored 1% or Fat-free Milk; Salsa
17	Entrée 1: Peach Smoothie Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Graham Crackers; Fresh Sliced Local Apple; Unflavored or Flavored 1% or Fat-free Milk;
	Salsa
18	Entrée 1: Breakfast Burrito Entrée 2: WG Assorted Cereal Entrée 3: Turkey Sausage and
	Cheese English Muffin

	Fresh Watermelon Cubes; Unflavored or Flavored 1% or Fat-free Milk; Salsa
19	Entrée 1: WG Pancakes Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	Fresh Sliced Local Peaches; Unflavored or Flavored 1% or Fat-free Milk; Salsa
20	Entrée 1: Mango Smoothie Bowl Entrée 2: WG Assorted Cereal Entrée 3: Breakfast Taco
	WG Toast; Fresh Strawberries; Unflavored or Flavored 1% or Fat-free Milk; Salsa
21	Entrée 1: Yogurt Parfait with WG Granola Entrée 2: WG Assorted Cereal Entrée 3:
	Breakfast Taco
	Graham Crackers; Fresh Orange Slices; Unflavored or flavored 1% or Fat-free Milk; Salsa