

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

1 meat/ meat alternative = 1oz

--lean meat, poultry, alternative protein,
cheese, egg, nut butter, yogurt

1 Vegetable = 3/4 cup

1 Fruit = 1/2cup

--fruit/juice

1 whole grain rich (WG) selection (s) =
1oz

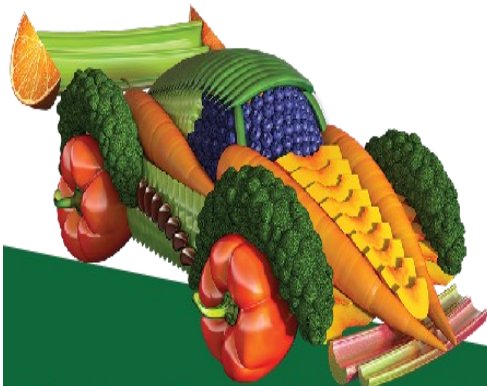
--bread, biscuit, roll, pasta, noodle, grain

1 milk = 1 cup

--fluid milk

**Menu is subject to change
without notice**

Want to get your engine going?



Eat Fruits and Veggies!

**This institution is an
equal opportunity
provider.**

SEPTEMBER 2021
Lunch Calendar

Prep/MS

	Mon	Tue	Wed	Thu	Fri
			1 Turkey Hotdog Wg Bun Baked Beans Blue Raspberry Applesauce Milk	2 Chicken Philly Wg Bun Sweet Potato Fries Pluot Milk	3 Cheese Pizza Carrots RF Ranch Apple Milk
6 NO SCHOOL		7 Chicken Taco Wg Tortilla Black Bean Salsa Banana Milk	8 Chicken Patty Wg Bun Romaine Salad Fruit Punch Milk	9 Popcorn Chicken Bowl/Corn/Mashed Potatoes Peach Cup Milk	10 Cheese Pizza Carrots RF Ranch Apple Milk
13	Hamburger Wg Bun/Cheese Wango Mango Sour Apple Applesauce Cup Milk	14 Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Banana Milk	15 Chef Salad Romaine Salad/Cheese Turkey/Turkey Ham Crackers RF Ranch Strawberry Craisins Milk	16 Chicken Nuggets Dinner Roll Green Beans Fruit Punch Milk	17 Cheese Pizza Broccoli RF Ranch Apple Milk
20	Turkey Hotdog Wg Bun/Cheese Baked Beans Raisels Milk	21 Chicken Taco Salad/Cheese/Salsa Romaine Salad Tortilla Chips Banana Milk	22 Chicken Parmesan Spaghetti Wg Pasta Green Beans 100% Fruit Punch Milk	23 Hamburger Wg Bun French Fries Pluot Milk	24 Cheese Pizza Wango Mango Applesauce Cup Milk
27	Chicken Nuggets Broccoli w/RF Ranch Fruit Punch Milk	28 Chicken Quesadilla Black Beans Banana Milk	29 Turkey Wrap Tortilla Shell Cheese/Ranch Celery Sticks 100% Fruit Punch Milk	30 BBQ Chicken Sandwich Wg Bun Cheesy Mashed Potatoes Applesauce Milk	