

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 = 1/2 cup

--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**



**WHAT MAKES A
LUNCH?**

SELECT 3-5 ITEMS



one must be a

FRUIT or VEGGIE

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

DECA

OCTOBER 2021

PREP/MIDDLE

Lunch Calendar

Mon	Tue	Wed	Thu	Fri
4 Turkey Hotdog Wg Bun/Cheese Corn Fruit Punch Milk	5 Beef Nachos Tortilla Chips Cheese/Salsa Dragon Juice Plulot Milk	6 Turkey Sandwich Wg Bun Hummus w/Chips Orange Smiles Milk	7 Meatballs and Mac Romaine Salad Applesauce Milk	8 Cheese Pizza Carrots Rf Ranch Strawberries Milk
11 Baked Ziti w/Meat Sauce/Wg Pasta Green Beans Apple Cherry Juice Milk	12 Chicken Taco Salad/Cheese/Salsa Romaine Salad Tortilla Chips Banana Milk	13 Hamburger Wg Bun Cheese Carrots Mango Sidekick Milk	14 NO SCHOOL	15 NO SCHOOL
18 NO SCHOOL	19 NO SCHOOL	20 Beef Nachos Tortilla Chips Cheese/Salsa Wango Mango Banana Milk	21 Chicken Penne Alfredo Broccoli Diced Pears Milk	22 Cheese Pizza Carrots Fruit Punch Milk
25 Chicken Nuggets Romaine Salad Fruit Punch Milk	26 Chicken Taco Wg Tortilla Texas Caviar Tortilla Chips Banana Milk	27 Turkey & Cheese Melt Wg Bun Cucumber Slices Rf Italian Dressing Apple Slices Milk	28 Philly Sloppy Joe Wg Bun Cheesy Mashed Potatoes Applesauce Cup Milk	29 Cheese Pizza Celery/Carrots Lemon Sidekick Milk