

Lunch Meal Pattern - 9- 12th

Select a minimum of 3 components

1 meat/ meat alternative = 2oz

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

1 Vegetable = 1 cup

1 Fruit = 1 cup

--fruit/juice

1 whole grain rich (WG) selection (s) =
2oz

--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.**

**OCTOBER 2021
Lunch Calendar**

DECA HIGH

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