

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**



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

NOVEMBER 2021 PREP/MIDDLE

Lunch Calendar

	Mon	Tue	Wed	Thu	Fri
	1 Chicken Philly Wg Bun French Fries Strawberry Cup Milk	2 Mexican Lasagna Tortilla Chips Romaine Salad Banana Milk	3 Hamburger Wg Bun/Cheese Baked Beans Lemon Raisels Milk	4 Sweet and Sour Chicken w/Rice Broccoli Sliced Pears Milk	5 Cheese Pizza Carrots Rf Ranch Fruit Punch Milk
	8 Italian Meatball Hoagie Wg Bun Mashed Potatoes 100%Fruit Punch Milk	11 Beef Nachos Tortilla Chips Cheese/Salsa Wango Mango Fruit Punch Milk	10 Chef Salad Turkey/Cheese Crackers Romaine Salad Applesauce Cup Milk	11 Beans & Wienies Crackers/Carrots Orange Smiles Milk Middle -Hotdog Baked beans	12 Cheese Pizza Cucumbers RF Ranch Apple Slices Milk
	15 Chicken Patty Wg Bun Mashed Potatoes Applesauce Cup Milk	16 Taco Salad Salad/Cheese/Salsa Romaine Salad Tortilla Chips Banana Milk	17 Turkey Sandwich Wg Bun/Cheese Wango Mango Apple Milk	18 Baked Chicken Sweet Potatoes Wg Roll Fruit Punch Milk	19 Cheese Pizza Broccoli Apple Slices Milk
	22 Hamburger Wg Bun/Cheese French Fries Sliced Peaches Milk	23 Chicken Quesadilla/Salsa Street Corn Fruit Punch Milk	24 NO SCHOOL 25 NO SCHOOL 26 NO SCHOOL		
	29 Chicken Nuggets Romaine Salad Fruit Punch Milk	30 Chicken Taco Wg Tortilla Cheese/Salsa Corn Banana Milk			