

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**



# JANUARY 2022

# DECA PREP/MIDDLE

## Lunch Calendar

	Mon	Tue	Wed	Thu	Fri
3	NO SCHOOL	4 NO SCHOOL	5 Beef Nachos Tortilla Chips Cheese/Salsa Wango Mango Apple Slices/Milk	6 Chicken Patty Sandwich/Wg Bun Mashed Potatoes Strawberry Cup Milk	7 Cheese Pizza Carrots Fruit Punch Milk
10	Hamburger Wg Bun/Cheese Corn Strawberry Cup Milk	11 Chicken Taco Spicy Refried Dip Tortilla Chips Banana Milk	12 BBQ Chicken Sandwich Romaine Salad Fruit Punch Milk	13 Turkey Sandwich Cucumber Tomato Medley Orange Smiles Milk	14 Cheese Quesadilla Texas Caviar Fruit Punch Milk
17	NO SCHOOL	18 Beef Taco Wg Tortilla Cheese/Salsa Mexican Street Corn Apple Slices Milk	19 Meatball Hoagie Wg Bun Sweet Potato Soufflé Apple Juice Milk	20 Chicken w/ Rice Broccoli Strawberry Applesauce Milk	21 Cheese Pizza Broccoli Fruit Punch Milk
24	Spaghetti w/ Meat Sauce Wg Pasta Green Beans Apple Juice Milk	25 Walkin Tacos Beef Taco/Cheese/ Salsa Tortilla Chips Romaine Salad Banana Milk	26 Turkey Hotdog Wg Bun Baked Beans Fruit Punch Milk	27 Chef Salad Turkey/Chick Peas Tomatoes/Cheese Crackers Apple Slices Milk	28 Hamburger Wg Bun Cheese French Fries Fruit Cup Milk
31	Chicken Nuggets Baked Beans Strawberry Cup Milk				

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