

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


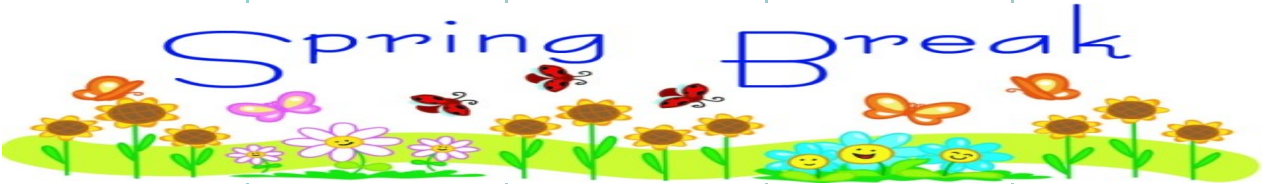
**Menu is subject to change  
without notice**



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

# MARCH 2022 Lunch Calendar

## DECA Prep/Middle

Mon	Tue	Wed	Thu	Fri
	1 Beef Nachos Tortilla Chips Cheese/Salsa Wango Mango Shredded Lettuce Banana/Milk	2 Meatball Hoagie Wg Bun Romaine Salad Grape Juice Milk	3 Chicken Nuggets Dinner Roll Mashed Potatoes Sliced Peaches Milk	4 Cheese Pizza Carrots Fruit Punch Milk
7 Chicken Broccoli Alfredo Romaine Salad Strawberry Cup Milk	8 Cheese Quesadilla/Salsa Texas Caviar Tortilla Chips Banana Milk	9 Turkey Sandwich Cheese/Bun Spicy Red Pepper Hummus/Carrots Cheddar Goldfish Mango Madness Juice Milk	10 Brunch 4 Lunch Mini Pancakes Turkey Sausage Hash Browns Orange Juice Milk	11 Popcorn Chicken Wrap Cucumbers Mango Sidekick Milk
14 Cheesy Spaghetti Bake Steamed Broccoli Fruit Punch Milk	15 Spicy Chicken Nachos/ Cheese Salsa Tortilla Chips Romaine Salad Banana	16 Chicken Patty Wg Bun Baked Beans Applesauce Milk	17 Cheese Pizza Carrots Fruit Punch Milk	18 <b>NO SCHOOL</b>
21 <b>NO SCHOOL</b>	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>
				
28 <b>NO SCHOOL</b>	29 <b>NO SCHOOL</b>	30 <b>NO SCHOOL</b>	31 <b>NO SCHOOL</b>	4/1 <b>NO SCHOOL</b>
