

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.**

DECA

SEPTEMBER 2022

PREP/Middle

Lunch Calendar

Mon	Tue	Wed	Thu	Fri
		8/31 Chef Salad Turkey/Turkey Ham/Cheese Rainbow Goldfish Banana/Milk	9/1 Turkey Hotdog Wg Bun Baked Beans Fruit Punch Milk	2 Cheese Pizza Carrot Coins Fruit Punch Milk
5 NO SCHOOL  LABOR DAY	6 Chicken Cheese Quesadilla Black Beans Cantaloupe Milk	7 Chicken Philly Wg Bun/Cheese Mashed Potatoes Grapes Milk	8 Popcorn Chicken Broccoli w/Cheese Fruit Punch Milk	9 Cheese Pizza Dragon Punch Cucumber Slices Milk
12 Meatballs & Mac Wango Mango Applesauce Cup Milk	16 Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Plulot Milk	15 Turkey Italian Turkey Salami, Turkey Ham, Turkey Pep Cheese/Wg Bun Red Pepper Humus Cucumber Slices Milk	18 Brunch 4 Lunch Mini Pancakes Turkey Sausage Potato Smiles Apple Juice Milk	16 Cheese Pizza Broccoli Mango Sidekick Milk
19 Chicken /Brown Rice Green Beans Fruit Punch Milk	20 Chicken/Cheese Crispitos Romaine Salad Banana Milk	21 Chicken Nuggets Corn Applesauce Cup Milk	22 Cheese Pizza Carrot Coins Fruit Punch Milk	23 NO SCHOOL
26 Cheeseburger Wg Bun Romaine Salad Strawberry Cup Milk	27 Chicken Taco Wg Tortilla Shell Cheese/Salsa Texas Caviar Grapes Milk	28 Bunchable Turkey/Cheese Wg Crackers Cucumber Slices Apple Slices Milk	29 Chicken Patty Wg Bun Mashed Potatoes Fruit Punch Milk	30 Cheese Pizza Carrot Coins Fruit Punch Milk