

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.**

DECEMBER 2022 DECA PREP/Middle

Lunch Calendar

Mon	Tue	Wed	Thu	Fri
GET YOUR DAY IN GEAR WITH A HEALTHY SCHOOL LUNCH			1 Baked Spaghetti w/ Meat Sauce Green Beans Applesauce Cup Milk	2 Cheese Pizza Carrot Coins Fruit Punch Milk
5 Popcorn Chicken Bowl Mashed Potatoes Corn Strawberry Cups Milk	6 Chicken Cheese Crispito Texas Caviar Tortilla Chips Fruit Punch Milk	7 Chicken Noodles Wg Pasta Romaine Salad Sliced Pears Milk	8 Brunch Lunch Mini Pancakes Turkey Sausage Merry Cherry Apple Slices Milk	9 Cheese Pizza Cucumber Slices Red Pepper Hummus Mango Sidekick Milk
12 Hamburger w/ Wg Bun French Fries Applesauce Milk	13 Beef Nachos Tortilla Chips Cheese/Salsa Shredded Lettuce Wango Mango Banana/Milk	14 Turkey Hotdog Wg Bun Baked Beans Fruit Punch Milk	15 Cheese Pizza Apple Juice Carrots Milk	16 NO SCHOOL
19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL

Have a great winter break!

