

Lunch Meal Pattern - 9-12th

Select a minimum of 3 components

**meat/ meat alternative** = 2oz

--lean meat, poultry, alternative protein,  
cheese, egg, nut butter, yogurt

**Vegetable** = 1 cup

**Fruit** = 1 cup

--fruit/juice

**whole grain rich (WG) selection (s)** =  
2oz

--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.**

# FEBRUARY 2023 DECA HIGH

## Lunch Calendar

Mon	Tue	Wed	Thu	Fri
		1 Chicken Patty Wg Bun Garlic Broccoli Strawberry Cup Fruit Punch Milk	2 Chicken Philly Wg Bun French Fries Diced Peaches Apple Juice/Milk	3 Cheese Pizza Cucumber Slices Apple/Fruit Punch RF Sweet Chili Doritos Milk
6 Popcorn Chicken Dirty Rice Broccoli Slaw Dragon Juice Applesauce Cup Apple Cherry Juice Milk	7 Chicken Cheese Crispito Tortilla Chips Steamed Corn Fruit Punch/Banana Milk	8 Hamburger Wg Bun Tomatoes/Onion Baked Beans Banana Fruit Punch Milk	9 <del>Brunch</del> 4 Lunch Mini Pancakes Turkey Sausage Hash Browns Merry Cherry Apple Slices Orange Juice/Milk	10 Cheese Pizza Carrot Sticks Celery Sticks Fresh Pears Mango Sidekick Chocolate Chip Cookie Milk
13 Buffalo Chicken Wrap/Wg Tortilla Broccoli w/Ranch Orange Slices Fruit Punch Milk	14 Walkin Beef Taco Tortilla Chips Cheese/Salsa Black Beans Wango Mango Pear/Banana/Milk	15 Oven Fried Chicken Mashed Potatoes Wg Roll Fruit Punch/Apple Mixed Greens/Milk	16 Cheese Pizza Apple Cherry Juice Apple Slices Celery/Carrots Wg Funyuns Milk	17 <b>NO SCHOOL</b>
20 NO SCHOOL 	21 Chicken Taco Wg Tortilla Shell Spicy Cilantro Corn Apple Cherry Juice Banana/ Milk	22 Hamburger Wg Bun Tomatoes/Onion Baked Beans Orange Slices Milk	23 Chicken Nuggets Macaroni w/Cheese Green Beans Fruit Punch Applesauce Cup Milk	24 Cheese Pizza Carrot Coins Oatmeal Cookie Fruit Punch Apple/Milk
27 Baked Potato Bar Spicy Chicken Tenders Fruit Punch Apple Slices Milk	28 Spicy Nachos Romaine Salad Tortilla Chips Salsa Apple Juice Banana Milk	