

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

meat/ meat alternative = 1oz

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

Vegetable =3/4 cup

Fruit = 1/2cup

--fruit/juice

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**



MARCH 2023 PREP-MIDDLE

Lunch Calendar

Mon	Tue	Wed	Thu	Fri
		1 Spaghetti w/Meat Sauce/Wg Pasta Green Beans Apple Juice Milk	2 Meatballs Garlic Noodles Dragon Juice Strawberry Cup Milk	3 Cheese Pizza Cucumber Slices Fruit Punch Milk
6 NO SCHOOL 	7 Bagels w/Cream Cheese/Jelly Turkey Bacon Hash Browns Applesauce Cup Milk	8 Turkey Sausage Pancake Wrap Cinnamon Apples Wango Mango Milk Middle-Chicken Biscuit/Waffle Fries	9 Brunch Lunch Mini Pancakes Popcorn Chicken Merry Cherry Apple Slices Milk	10 Cheese Pizza Carrots w/ Hummus Fundayns Apple Juice Milk
<p>National School Breakfast Week</p>				
13 Turkey Sandwich Carrots w/Ranch Orange Slices Milk	14 Chicken Taco Cheese/Wg Tortilla Tortilla Chips Mexican Street Corn Banana	15 Turkey Hotdog Wg Bun Baked Beans Fruit Punch Milk Middle-Pepper Steak w/Rice	16 Cheese Pizza Apple Juice Broccoli W/Ranch Milk	17 NO SCHOOL
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL

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