

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 =3/4cup

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**

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



May 2023 Lunch Calendar

PREP-MIDDLE

Mon	Tue	Wed	Thu	Fri
1 Chicken Patty Wg Bun Mashed Potatoes Applesauce Milk	2 Chicken Cheese Quesadilla Salsa Romaine Salad Banana Milk	3 Bunchables Turkey Coins Cheese/Crackers Carrots Apple Slices Fruit Punch Milk	4 Cheese Pizza Cucumbers /Garlic Hummus Milk/Fruit Punch RF Chips Milk	5 No School
8 Popcorn Chicken Wrap/Wg Tortilla Cheese Steamed Corn Fruit Punch Milk	9 Chicken Taco Wg Tortilla Black Beans Tortilla Chips Apple Milk	10 Turkey Sausage Pancakes Merry Cherry Sliced Pears Milk	11 Turkey Sandwich Wg Bun/Cheese Baby Carrots Fruit Punch Milk	12 Cheese Pizza Fresh Broccoli Mango Sidekick Milk
15 Turkey Hotdogs Sweet Potato Fries Apple Slices Milk	16 Walking Beef Taco/Cheese Romaine Salad Salsa/RF Doritos Banana Milk	17 Chicken Patty Wg Bun Orange Smiles Steamed Broccoli w/Cheese Milk	18 Pancake Stick w/Turkey Sausage Hash Browns Apple Juice Milk	19 Cheese Pizza Fruit Punch Garlic Hummus Cucumber Milk
22 Meatball & Mac Merry Cherry Applesauce Cup Milk	23 Chicken Cheese Crispito Tortilla Chips Romaine Salad Fruit Punch Milk	24 Turkey Italian Wrap/Cheese Celery Sticks Apple Milk	25 Chicken Nuggets Baked Beans Sliced Peaches Milk	26 Cheese Pizza Carrots Apple Juice Milk
29 No School 	30 Spicy Beef Taco Wg Tortilla/Corn Cheese/Salsa Tortilla Chips Banana Milk	31 Turkey Corn Dog Baked Beans Apple Slices Caramel Cup Milk	