

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.**



May 2023 Lunch Calendar

DECA HIGH

	Mon	Tue	Wed	Thu	Fri	
	1 Chicken Patty Wg Bun Sweet Potato Soufle Apples Fruit Punch/Milk	2 Chicken Cheese Quesadilla Salsa/Banana Romaine Salad Fruit Punch/Milk	3 Meatball Hoagie Broccoli Salad Fruit Punch Pear Milk	4 Cheese Pizza Cucumbers /Garlic Hummus Milk/Fruit Punch RF Chips	5 No School	
	8 Popcorn Chicken Wrap/Wg Tortilla Cheese Steamed Corn Fruit Punch/Milk	9 Chicken Taco Wg Tortilla Black Beans Tortilla Chips Berries/Milk/FP	10 Turkey Sausage Pancakes Hash Browns Merry Cherry Sliced Pears/Milk	11 Turkey Sandwich Wg Bun/Cheese Loaded Potato Soup/Plum Fruit Punch/Milk	12 Cheese Pizza Fresh Broccoli Mango Sidekick Apple/Milk Oatmeal Cookie	
	15 Philly Beef Sweet Potato Fries Apple Slices Apple Cherry Juice Milk	16 Walking Beef Taco/Cheese Romaine Salad Salsa/RF Doritos Banana Fruit Punch/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 Apple Milk	
	22 Meatball & Mac Merry Cherry Applesauce Cup Fruit Punch Milk	23 Chicken Cheese Crispito Tortilla Chips Romaine Salad Fruit Punch Peaches/ Milk	24 Hamburger Wg Bun/Cheese Potato Salad Apple Fruit Punch Milk	25 Chicken Nuggets Baked Beans Melon Fruit Punch Milk	26 Cheese Pizza Carrots Fresh Pears Apple Juice Milk	
	29 No School 	30 Spicy Beef Taco Wg Tortlla/Corn Cheese/Salsa Tortilla Chips Banana Fruit Punch Milk	31 Turkey Corn Dog Baked Beans Apple Slices Caramel Cup Fruit Punch Milk			