

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

meat/ meat alternative =

minimum 1oz daily

--lean meat, poultry, alternative protein,
cheese, egg, nut butter, yogurt**Vegetable** = minimum 1/2 cup daily**Fruit** = minimum 1/2 cup daily

--fruit/juice

whole grain rich (WG) selection (s) =

minimum 1oz daily

--bread, biscuit, roll, pasta, noodle, grain

1 milk = 1 cup

--fluid milk

1% and 1% chocolate served daily

*Uncrustables (PB&J) & Fresh Carrots
offered daily***Menu is subject to change****based on product availability****This institution is an equal
opportunity provider.****SEPTEMBER 2023****DECA Prep/Middle****Lunch Calendar**

Mon	Tue	Wed	Thu	Fri
				1 Cheese Pizza Baby Carrots Wg Snack Fruit Punch
4 NO SCHOOL THANK YOU FOR YOUR HARD WORK	5 Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Or Carrots w/Ranch Fresh Plum	6 Hamburger w/ Wg Bun/Cheese Baked Beans Or Carrots-Ranch Strawberry Cup	7 Sweet/Sour Chicken Nuggets Wg Roll Romaine Salad Fruit Punch **Middle** Chicken Bowl	8 Cheese Pizza Baby Carrots Or Romaine Salad Wg Cheez-it Fruit Punch
11 Turkey Sandwich w/Cheese/Wg Bun Broccoli or Carrots Mango Sidekick	12 Quesadillas Chicken or Cheese Salsa Black Beans or Carrots -Ranch Banana	13 BBQ Meatballs Mashed Potatoes Wg Roll Applesauce Cup	14 Brunch 4 Lunch Mini Pancakes Turkey Sausage Potato Smiles Apple Juice	15 Cheese Pizza Baby Carrots Apple Slices Caramel Cup Dragon Juice
18 Turkey Sandwich w/Cheese/Wg Bun Broccoli or Carrots Mandarin Oranges ****Middle**** Twisted Chicken Alfredo	19 Chicken Taco Cheese/Tortilla Salsa Tortilla Chips Spicy Refried Beans Banana	20 Chicken Patty Wg Bun Corn Fruit Punch	21 Cheese Pizza Baby Carrots Wango Mango Apple	22 NO SCHOOL
25 Chicken Nuggets Mashed Potatoes or Carrots w/Ranch Fruit Punch	26 Walking Beef Taco/RF Doritos Cheese/Salsa Romaine Salad Apple	27 Cheesy Bread w/Marinara Sauce Broccoli w/Ranch Pineapple	28 Brunch 4 Lunch Mini Pancakes Turkey Sausage Potato Rounds Apple Juice	29 Cheese Pizza Baby Carrots Apple Slices Dragon Juice