

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 3/4 cup daily

Fruit = minimum 1/2cup 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

Fresh Carrots,

Uncrustables (PB&J)

offered daily

Menu is subject to change

based on product availability







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

November 2023

DECA Prep-Middle

Lunch Calendar

Mon	Tue	Wed	Thu	Fri
				
		1 Hamburger Wg Bun/Cheese Sweet Potato Fries Fruit Punch	2 Beef Hot Dog Wg Bun Baked Beans Apple Slices	3 Cheese Pizza Cucumbers Ranch 100% Fruit Punch
6 Turkey Italian Cheese/ Tomato Wg Bun/RF Chips/ Cucumbers Fruit Punch Middle-Chicken Patty	7 Beef Pepperoni Calzone/Marinara Fiesta Beans Tortilla Chips Banana	8 Wg Bagel Cream Cheese/Jelly Turkey Sausage Potato Rounds Apple Slices Merry Cherry Juice	9 Meatball Hoagie Marinara/Cheese Wg Bun Broccoli Pluot Dragon Juice	10 Cheese Pizza Baby Carrots Cherry Tomatoes Ranch 100% Fruit Punch
13 Turkey Sandwich Broccoli w/Ranch Fresh Pear Cheez-it	14 Chicken Taco Wg Tortilla/Cheese Tortilla Chips Romaine Salad Black Beans Banana	15 Roasted Turkey Sweet Potatoes Macaroni w/Cheese Dinner Roll 100% Apple Juice	16 Brunch 4 Lunch Mini Pancakes Turkey Sausage Potato Rounds 100% Apple Juice	17 Cheese Pizza Apple Slices Caramel Cup Celery Sticks
20 No School 	21 No School 	22 No School	24 No School	25 No School
				
27 Hamburger Wg Bun/Cheese Baked Beans Carrots w/Ranch Fruit Punch	28 Spicy Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Banana	29 Chicken Patty Wg Bun Steamed Corn Mixed Fruit	30 Cheesy Bread Marinara Romaine Salad Cucumber Apple Cherry Juice	