Lunch Meal Pattern - 9- 12th Select a minimum of 3 components

meat/ meat alternative =

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

whole grain rich (WG) selection (s) = minimum 2oz daily

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

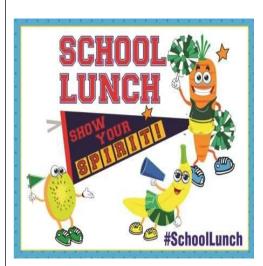
1 milk = 1 cup

--fluid milk

1% and 1% chocolate served daily

Fresh Carrots, Deli Sandwiches, Side Salads, Uncrustables (PB&J) offered daily

Menu is subject to change based on product availability



This institution is an equal opportunity provider.

November 2023

DECA High Lunch Calendar

	Mon	Tue	Wed	Thu	Fri
			1 Hamburger Wg Bun/Cheese Sweet Potato Fries Peach Cup Fruit Punch	2 Beef Hot Dog Cheese/Wg Bun Baked Beans Apple Juice Fresh Pear	3 Cheese Pizza Baby Carrots Cucumber w/ Ranch Pluot 100% Fruit Punch Wg Snack
	6 Chicken Patty Wg Bun/Tomatoes French Fries Cucumbers Hummus Fruit Punch/Apple	7 Beef Pepperoni Calzone Fiesta Beans Romaine Salad Banana Apple Juice	8 Chef Salad Cheese/Tomato Diced Chicken Wg Roll/Goldfish Fruit Punch/Melon	9 Baked Potato Meatball Hoagie Wg Bun Diced Pears Apple Cherry Juice	10 Cheese Pizza RF Chips Broccoli w/Hummus Fresh Pear Fruit Punch
	13 Turkey Hoagie Tom/Cheese Mixed Vegetables Fruit Punch Mandarin Oranges Cheez Its	14 Chicken Taco Wg Tortilla/Corn Romaine Salad Salsa/Tom/Onion Cheese/Tortilla Chips/Apple	15 Roasted Turkey Sweet Potatoes Macaroni w/Cheese Dinner Roll Apple Juice Applesauce Cup	16 Brunch 4 Lunch Mini Pancakes Turkey Sausage Potato Rounds 100% Apple Juice Mixed Fruit	17 Cheese Pizza Apple Slices Caramel Cup Celery Sticks 100% Fruit Punch
	20 No School NATIONAL PEANUT BUTTER FUNGE DAY	21 No School National Gingerbread Cookie Day	22 No School 23 No School 24 No School Thanksgīvīng		
	27 Hamburger Wg Bun /Cheese Baked Beans Carrots w/Hummus 100% Fruit Punch Mixed Fruit	28 Spicy Beef Nachos Cheese/Salsa Romaine Salad 100% Fruit Punch Apple	29 Tender Basket French Fries Celery w/Ranch Wg Roll Fruit Punch Wg Cookie/Pear	30 Sloppy Joe Wg Bun Steamed Corn Fruit Punch Orange Slices	
	Baked Beans Carrots w/Hummus 100% Fruit Punch	Cheese/Salsa Romaine Salad 100% Fruit Punch	Celery w/Ranch Wg Roll Fruit Punch	Steamed Corn Fruit Punch	