

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 	21 No School 	22 No School	23 No School 24 No School 	
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	