

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.

December 2023

DECA High

Lunch Calendar

Mon	Tue	Wed	Thu	Fri
				1 Cheese Pizza Baby Carrots Celery w/ Ranch 100% Fruit Punch Wg Snack
4 Chicken Patty Wg Bun/Tomatoes Mashed Potatoes Broccoli Hummus Fruit Punch/Apple	5 Beef Pepperoni Calzone Fiesta Beans Romaine Salad Banana Apple Juice	6 Chef Salad Cheese/Tomato Turkey Wg Roll/Goldfish Fruit Punch Orange Slices	7 Beef Hoagie w/Marinara Wg Bun Spiral Fries Strawberry Cup Apple Cherry Juice	8 Cheese Pizza RF Chips Cucumbers Fresh Pear Fruit Punch
11 Turkey Hoagie Tom/Cheese Mixed Vegetables Fruit Punch Mixed Fruit Cheez Its	12 Chicken Burrito Wg Tortilla/Corn Romaine Salad Salsa/Pinto Beans Cheese/Tortilla Chips/Apple	13 Wing Wednesday French Fries Celery Stick Wg Dinner Roll 100% Fruit Juice Orange Slices	14 Meatballs & Mac Dinner Roll Broccoli w/Ranch 100% Fruit Punch Applesauce Cup	15 Cheese Pizza Apple Slices Caramel Cup Cucumbers/Garlic Hummus 100% Fruit Punch
18 Hamburger Wg Bun/Cheese Baked Beans 100% Fruit Juice Applesauce	19 Spicy Beef Nachos Salsa/Tortilla Chips Romaine Salad Apples 100% Fruit Punch	20 Cheese Pizza Mango Sidekick Baby Carrots Apple Wg Snack	21 No School 	22 No School 
25 No School	26 No School	27 No School	28 No School	29 No School
				