

Lunch Meal Pattern - 9th- 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 and Uncrustables (PB&J)
 offered daily*

Menu is subject to change



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

NOVEMBER 2024

Lunch Calendar

DECA HIGH

Mon	Tue	Wed	Thu	Fri
				1 Cheese Pizza Fresh Broccoli Apple Slices Baby Carrots
4 Turkey OR Italian Hoagie Bar Cucumber Slices Red Pepper Hummus Baby Carrots	5 Beef Calzones Ranchero Pinto Beans Baby Carrots Banana	6 Spaghetti w/Meat Sauce/Wg Pasta Dinner Roll Green Beans Baby Carrots Mandarin Oranges	7 Chicken Nuggets Pretzel Bites French Fries Baby Carrots Fresh Pear	8 Cheese Pizza Celery Sticks Baby Carrots Apples Cheez-its
11Chili Cheese Coney Beef Hotdogs French Fries Baby Carrots Fresh Pears	12 Chicken Taco Tortilla Chips Texas Ranchero Beans Salsa/Corn Baby Carrots/Banana	13 Popcorn Chicken OR/ Beef Meatball Wrap/Wg Tortilla Cheese/Peppers Steamed Broccoli Baby Carrots Apple Slices	14 Brunch 4 Lunch Chick -N- Waffles Potato Rounds Apple /Carrots	15 Cheese Pizza Cucumber Slices Red Pepper Hummus Sliced Peaches Baby Carrots
18 Buffalo Chicken Dip/ Tortilla Chips Baked Beans Sliced Oranges Dragon Juice Baby Carrots	19 Walkin Beef Tacos/RF Doritos Cheese/Salsa Spicy Corn/Salas Carrots/ Banana Baby Carrots	20 Baked Potato Beef Chili Dinner Rolls/Goldfish Fresh Broccoli Red Pepper Hummus Dragon Juice Fresh Pears Baby Carrots	21Baked Turkey Wg Roll Mac & Cheese Green Beans Warm Cinnamon Apples Fresh Carrots	22 Cheese Pizza Celery Bites Hummus Apples Rice Krispie Treat Baby Carrots
25 No School	26 No School	27 No School	28 No School	29 No School

