

- Meals are Free to anyone 18 or under
- All meals must be eaten on site

Lorain High School October Dinner Menu

Served Monday-Friday 2:30pm-4:30pm on school days

Menu is subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Remember you must take a fruit, vegetable, or juice to complete your meal
- All bread/grains items are 50% whole grain!
- Fat-Free Chocolate and Low-Fat White Milk available daily

1

Entrée: Penne with Meatballs (2oz equiv. of MMA and 2oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable Side Salad (1/2 cup equiv.)
Milk: **Choice of Milk** (8oz)

2

Entrée: Choice of Pepperoni (2.25 equiv. Of MMA, 2.25 grain) or Cheese Pizza (2oz equiv. Of MMA, 2.5oz grain)
Fruit: Orange or Juice (1/2 cup equiv.)
Vegetable: French Fries (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

5

Entrée: Mac & Cheese (2oz equiv. of MMA & 1oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable: Fresh Red Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

6

Entrée: Walking Taco (2oz equiv. of MMA & 1oz equiv. of grain)
Fruit: Banana or Juice (1/2 cup equiv.)
Vegetable: Kickin' Pinto's (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

7

Entrée: Chicken Drumstick w/Roll (2.5oz equiv. MMA & 2oz Equiv. of grain)
Fruit: Orange or Juice (1/2 cup equiv.)
Vegetable: Mashed Potatoes with Gravy (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

8

Entrée: Penne with Meatballs (2oz equiv. of MMA and 2oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable Side Salad (1/2 cup equiv.)
Milk: **Choice of Milk** (8oz)

9

NO SCHOOL

12

Entrée: Mac & Cheese (2oz equiv. of MMA & 1oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable: Fresh Red Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

13

Entrée: Walking Taco (2oz equiv. of MMA & 1oz equiv. of grain)
Fruit: Banana or Juice (1/2 cup equiv.)
Vegetable: Kickin' Pinto's (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

14

Entrée: Chicken Drumstick w/Roll (2.5oz equiv. MMA & 2oz Equiv. of grain)
Fruit: Orange or Juice (1/2 cup equiv.)
Vegetable: Mashed Potatoes with Gravy (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

15

Entrée: Penne with Meatballs (2oz equiv. of MMA and 2oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable Side Salad (1/2 cup equiv.)
Milk: **Choice of Milk** (8oz)

16

Entrée: Choice of Pepperoni (2.25 equiv. Of MMA, 2.25 grain) or Cheese Pizza (2oz equiv. Of MMA, 2.5oz grain)
Fruit: Orange or Juice (1/2 cup equiv.)
Vegetable: French Fries (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

19

Entrée: Mac & Cheese (2oz equiv. of MMA & 1oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable: Fresh Red Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

20

Entrée: Walking Taco (2oz equiv. of MMA & 1oz equiv. of grain)
Fruit: Banana or Juice (1/2 cup equiv.)
Vegetable: Kickin' Pinto's (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

21

Entrée: Chicken Drumstick w/Roll (2.5oz equiv. MMA & 2oz Equiv. of grain)
Fruit: Orange or Juice (1/2 cup equiv.)
Vegetable: Mashed Potatoes with Gravy (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

22

Entrée: Penne with Meatballs (2oz equiv. of MMA and 2oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable Side Salad (1/2 cup equiv.)
Milk: **Choice of Milk** (8oz)

23

NO SCHOOL

26

Entrée: Mac & Cheese (2oz equiv. of MMA & 1oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable: Fresh Red Peppers (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

27

Entrée: Walking Taco (2oz equiv. of MMA & 1oz equiv. of grain)
Fruit: Banana or Juice (1/2 cup equiv.)
Vegetable: Kickin' Pinto's (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

28

Entrée: Chicken Drumstick w/Roll (2.5oz equiv. MMA & 2oz Equiv. of grain)
Fruit: Orange or Juice (1/2 cup equiv.)
Vegetable: Mashed Potatoes with Gravy (1/2 cup equiv.)
Milk: Choice of Milk (8oz)

29

Entrée: Penne with Meatballs (2oz equiv. of MMA and 2oz equiv. of grain)
Fruit: Apple or Juice (1/2 cup equiv.)
Vegetable Side Salad (1/2 cup equiv.)
Milk: **Choice of Milk** (8oz)

30

Entrée: Choice of Pepperoni (2.25 equiv. Of MMA, 2.25 grain) or Cheese Pizza (2oz equiv. Of MMA, 2.5oz grain)
Fruit: Orange or Juice (1/2 cup equiv.)
Vegetable: French Fries (1/2 cup equiv.)
Milk: Choice of Milk (8oz)