

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

1 meat/ meat alternative = 1oz

--lean meat, poultry, alternative protein,
cheese, egg, nut butter, yogurt

1 Vegetable = 3/4 cup

1 Fruit = 1/2cup

--fruit/juice

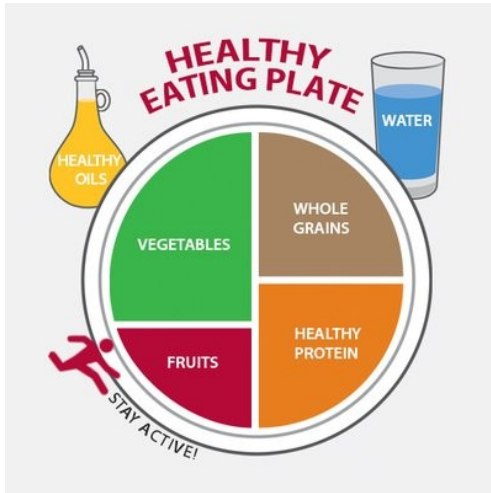
1 whole grain rich (WG) selection (s) =
1oz

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

1 milk = 1 cup

--fluid milk

**Menu is subject to change
without notice**



MAY 2022

CITY DAY

Lunch Calendar

Mon	Tue	Wed	Thu	Fri
2 Chicken Parm Casserole Green Beans Applesauce Milk	3 Chicken Patty Wg Bun Mashed Potatoes Fruit Punch Milk	4 Turkey Sandwich Cheese/Bun Celery Bites/ Orange Smiles/Milk	3 5 Beef Taco Wg Tortilla Tortilla Chips/Salsa Cheese/Salad Banana/Milk	6 Cheese Pizza Carrots Hummus Apple Milk
9 Turkey Corn Dog Baked Beans Apple Juice Milk	10 Cheese Quesadilla Spicy Cilantro Corn Banana Milk	11 Hamburger w/ Wg Bun/Cheese Romaine Salad Fruit Punch Milk	12 Brunch 4 Lunch Turkey Sausage Waffles Hash Browns Apple Juice Milk	13 Cheese Pizza Carrots Fruit Punch Milk
16 Meatballs and Macaroni Sliced Peaches Sun Believable Milk	17 Walking Taco Tortilla Chips Cheese/Sour Cream Shredded Lettuce Dragon Juice Milk/Banana	18 Turkey Sandwich Cheese/Bun Red Pepper Hummus/Celery Fruit Punch Milk	19 Cheese Pizza Carrots Apple Slices Caramel Cup Milk	20 NO SCHOOL
23 Chicken Bowl Mashed Potatoes Corn Fruit Punch Milk	24 Chicken Taco Wg Tortilla Tortilla Chips Romaine Salad Banana Milk	25 Turkey Hot dog Wg Bun Potato Smiles Applesauce Milk	26 Cheese Pizza Carrots Fruit Punch Milk	27 NO SCHOOL
30 	31	YOUR participation is NEEDED! 		

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