

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

**meat/ meat alternative** =  
minimum 1oz daily

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

**Vegetable** = minimum 1/2 cup daily

**Fruit** = minimum 1/2 cup daily  
--fruit/juice

**whole grain rich (WG) selection (s)** =  
minimum 1oz daily

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

**1 milk** = 1 cup

--fluid milk

1% and 1% chocolate served daily

*Fresh carrots, Uncrustables (PB&J)  
offered daily*

**Menu is subject to change  
based on product availability**



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

**OCTOBER 2024**

**Lunch Calendar**

**City Day**

Mon	Tue	Wed	Thu	Fri
	1 Chicken/Cheese Crispitos/Salsa Tortilla Chips Yogurt Spicy Refried Beans Banana	2 General TSO Popcorn Chicken Bowl/Broccoli Brown Rice Peach Cup	3 <b>Brunch 4 Lunch</b> Mini Pancakes Turkey Sausage Potato Rounds Apple Juice	4 Cheese Pizza 100% Fruit Punch Romaine Salad Rice Krispie Treat
7 Beef Hoagie Wg Bun/Pickles Mozz Cheese French Fries Applesauce Cup	8 Spicy Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Fruit Punch	9 Turkey Hoagie Cucumber Slices Fruit Punch Cheez-Its	10 Hamburger w/Wg Bun/Cheese Baked Beans Pluot	11 Cheese Pizza Apple Slices Caramel Cup Romaine Salad
14 No School 	15 No School 	16 Chicken Nugget Wrap/Wg Tortilla Cheese/Peppers Romaine Salad	17 <b>Brunch 4 Lunch</b> Mini Pancakes Turkey Sausage Potato Rounds Apple Juice	18 Cheese Pizza Cucumber Slices Strawberries Cheez-Its
21 BBQ Meatballs Pretzel Bites French Fries Applesauce Cup	22 Spicy Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Banana	23 Cheesy Bread Marinara Sauce Green Beans Sliced Pears	24 Beef Hotdogs Baked Beans Rainbow Goldfish 100% Fruit Punch	25 Cheese Pizza Romaine Salad Dragon Punch Apple
28 Chicken Patty Wg Bun Romaine Salad 100% Fruit Punch	29 Chicken Taco Wg Tortilla Shell Cheese/Salsa Ranchero Beans	30 Chicken Nuggets Wrap/Wg Tortilla Cheese/Peppers Mashed Potatoes Applesauce Cup	31 Hamburger Wg Bun/Cheese Steamed Corn Strawberry Cup	