<u>Lunch Meal Pattern - K – 8th</u> **Select a minimum of 3 components**

meat/ meat alternative =

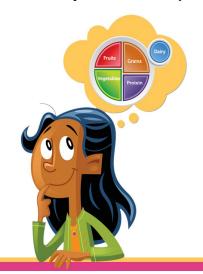
minimum 1oz daily
--lean meat, poultry, alternative protein,
cheese, egg, nut butter, yogurt
Vegetable = minimum 1/2 cup daily
Fruit = minimum 1/2 cup daily
--fruit/juice

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

Menu is subject to change based on product availability



This institution is an equal opportunity provider.

SEPTEMBER 2023

City Day

Lunch Calendar

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|--|
| | BEBRAVES Try New For It's exciting and | and ods! | SUPER FAMILY | 1 Cheese Pizza Baby Carrots Apple Slices Caramel Cup Dragon Juice |
| 4 NO SCHOOL ABOR DAY THANK YOU FOR YOUR HARD WORK | 5 Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Or Carrots w/Ranch Fresh Plum | 6 BBQ Chicken Sandwich Wg Bun/Cheese Baked Beans Or Carrots-Ranch Strawberry Cup | 7 Sweet/Sour Chicken Nuggets Wg Roll Sweet Potato Fries Fruit Punch | 8 Cheese Pizza Baby Carrots Or Romaine Salad Wg Cheez-it Fruit Punch |
| 11 Turkey Sandwich w/Cheese/Wg Bun Broccoli or Carrots Mango Sidekick | 12 Quesadillas Chicken/ Salsa Black Beans Banana | 13 BBQ Meatballs Mashed Potatoes Wg Roll Applesauce Cup | 14 Brunch 4 Lunch Mini Pancakes Turkey Sausage Potato Smiles Apple Juice | 15 NO SCHOOL |
| 18 Turkey Sandwich w/Cheese/Wg Bun Broccoli or Carrots Mandarin Oranges | 19 Chicken Taco Cheese/Tortilla Salsa Tortilla Chips Spicy Refried Beans Banana | 20 Chicken Patty Wg Bun Green Beans Fruit Punch | 21 Hamburger Wg Bun Corn Apple Juice | 22 Cheese Pizza Baby Carrots Wango Mango Apple |
| 25 Chicken Nuggets Mashed Potatoes or Carrots w/Ranch Fruit Punch | 26 Walking Beef Taco/RF Doritos Cheese/Salsa Romaine Salad Apple | 27 Cheesy Bread w/Marinara Sauce Broccoli w/Ranch Pineapple | 28 Brunch 4 Lunch Mini Pancakes Turkey Sausage Potato Rounds Apple Juice | 29 Cheese Pizza Baby Carrots Apple Slices Dragon Juice |