

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

**Menu is subject to change  
based on product availability****This institution is an  
equal opportunity  
provider.****SEPTEMBER 2023****Lunch Calendar****City Day**

Mon	Tue	Wed	Thu	Fri
				1 Cheese Pizza Baby Carrots Apple Slices Caramel Cup Dragon Juice
4 NO SCHOOL  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 <b>Brunch 4 Lunch</b> Mini Pancakes Turkey Sausage Potato Smiles Apple Juice	15 NO SCHOOL  THANK YOU DAY
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 <b>Brunch 4 Lunch</b> Mini Pancakes Turkey Sausage Potato Rounds Apple Juice	29 Cheese Pizza Baby Carrots Apple Slices Dragon Juice