



Our lunch consists of a serving of milk, fruits, vegetables, grains & meat/ meat alternatives.  
 All students must have a serving of fruits or vegetables in their plates.  
 All grains are whole grain rich.  
 Daily milk options:  
 Fat-Free unflavored, 1% unflavored & Fat-Free unflavored Milk



Lunch Fact  
**MyPlate Recommends:**  
 Choose vegetables rich in color!  
 Brighten your plate with vegetables that are red, orange, or dark green.  
 They don't only taste great, but they're also good for you!  
**Reference: USDA.MyPlate.gov**



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**  
 Chicken Patty W/ WG Bun  
 Sliced Tomatoes & Lettuce  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**2**  
 Bosco Breadstick Cheese  
 W/ Marinara Sauce  
 Cucumber Slice  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored

**3**  
 Chicken Popcorn W/ WG Roll  
 Steamed Corn  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**4**  
 Cheese Pizza  
 Spinach & Colored Peppers  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**5**  
 $\frac{1}{2}$   
**DAY**

**8**  
 Pizza Crunch  
 Mixed Steamed Vegetables  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**9**  
**NO**

**10**  
**SCHOOL**

**11**  
 Cheese Pizza  
 Spinach & Colored Peppers  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**12**  
 $\frac{1}{2}$   
**DAY**

**15**  
 Pizza Crunch  
 Steamed Mixed Vegetables  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**16**  
 Beef Hotdog W/ WG Bun  
 Waffle Fries  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**17**  
 Chicken Popcorn W/ WG Bun  
 Fresh Carrots  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**18**  
 Cheese Pizza  
 Spinach & Colored Peppers  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**19**  
 $\frac{1}{2}$   
**DAY**

**22**  
 Chicken Nuggets W/ WG Roll  
 Cucumber  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**23**  
 Beef & Bean Burrito W/  
 WG Tortilla  
 Bean Salad  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored

**24**  
 Chicken Patty W/ WG Bun  
 Potato Wedges  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**25**  
 Cheese Pizza  
 Spinach & Colored Peppers  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**26**  
 $\frac{1}{2}$   
**DAY**

**29**  
 Chicken Patty W/ WG Bun  
 Potato Wedges  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

**30**  
 Chicken Nuggets W/ WG Roll  
 Steamed Mixed Vegetables  
 Assorted Fresh Fruits  
 Flavored Fat-Free/ Unflavored  
 1% Milk

