

APRIL 2024

NOOR INTERNATIONAL ACADEMY PRE-K

LUNCH



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](https://www.usda.gov/myplate)

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
 1% Milk

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
 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
 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



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
 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

