



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

**NO  
SCHOOL**

2

## TUESDAY

Chicken Patty W/WG Bun  
Mixed Salad, Lettuce, Colored Peppers  
Assorted Fresh Fruits  
Flavored Fat-Free/Unflavored 1% Milk

3

## WEDNESDAY

Chicken Popcorn W/WG Roll  
Hashbrown Potato Patty  
Assorted Fresh Fruits  
Flavored Fat-Free/Unflavored 1% Milk

4

## THURSDAY

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

5

## FRIDAY

1/2  
**DAY**

6

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

9

Beef Hotdog W/WG Bun  
Potato Wedges  
Assorted Fresh Fruits  
Flavored Fat-Free/Unflavored 1% Milk

10

Chicken Tender W/WG Roll  
Garbanzo Beans & Cucumber Salad  
Assorted Fresh Fruits  
Flavored Fat-Free/Unflavored 1% Milk

11

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

12

1/2  
**DAY**

13

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

16

Beef Patty W/WG Bun  
Fries  
Assorted Fresh Fruits  
Flavored Fat-Free/Unflavored 1% Milk

17

Ground Beef W/Pasta & Spaghetti Sauce  
Steamed Green Beans + Carrot Coins  
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

1/2  
**DAY**

20

Turkey Cheese Wrap W/ Tortilla Bread  
Lettuce & Tomato  
Assorted Fresh Fruits  
Flavored Fat-Free/Unflavored 1% Milk

23

Beef & Bean Cheese Burrito  
Vegetable Blend, Corn & Black Beans  
Assorted Fresh Fruits  
Flavored Fat-Free/Unflavored 1% Milk

24

Grilled Chicken W/Rice  
Pinto Beans W/Tomato Sauce  
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**

27

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

30

