

SEPTEMBER 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

2

3

4

1/2

DAY

5

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

6

1/2

DAY

9

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

10

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

11

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

12

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

13

1/2

DAY

16

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

17

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

18

Ground Beef W/Pasta &
Spaghetti Sauce
Steamed Green Beans + Carrot Coins
Assorted Fresh Fruits
Flavored Fat-Free/Unflavored
1% Milk

19

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

20

1/2

DAY

23

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

24

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

25

Grilled Chicken W/Rice
Pinto Beans W/Tomato Sauce
Assorted Fresh Fruits
Flavored Fat-Free/Unflavored
1% Milk

26

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

27

1/2

DAY

30

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

31



32