

Lunch Meal Pattern - 9- 12th

Select a minimum of 3 components

1 meat/ meat alternative = 2oz

--lean meat, poultry, alternative protein,
cheese, egg, nut butter, yogurt

1 Vegetable =1 cup

1 Fruit = 1cup

--fruit/juice

1 whole grain rich (WG) selection (s) =
2oz

--bread, biscuit, roll, pasta, noodle, grain

1 milk = 1 cup

--fluid milk

**Menu is subject to change
without notice**



**This institution is an
equal opportunity
provider.**

JANUARY 2022

Lunch Calendar

STEM

	Mon	Tue	Wed	Thu	Fri
3	NO SCHOOL	4 NO SCHOOL	5 Turkey Sandwich Broccoli Apple Juice Raisels Milk	6 Chicken Patty Sandwich/Wg Bun Mashed Potatoes Strawberry Cup Fruit Punch/Milk	7 Cheese Pizza Carrots Fruit Punch Apple Milk
10	Hamburger Wg Bun/Cheese Corn Strawberry Cup Fruit Punch Milk	11 Cheese Quesadilla Spicy Refried Dip Salsa/Tortilla Chips Banana/Apple Milk	12 Turkey Italian Sandwich Wango Mango Cucumber Fruit Punch/Pears Milk	13 Cheese Pizza Carrots Fruit Punch Apple Milk	14 NO SCHOOL
17	NO SCHOOL	18 Beef Taco Wg Tortilla Cheese/Salsa Mexican Street Corn Apple Slices Milk	19 Turkey Sandwich Broccoli Red Pepper Hummus Apple Juice Craisins Milk	20 BBQ Chicken Sandwich Mashed Potatoes Fruit Punch Sliced Peaches Milk	21 Cheese Pizza Carrots Fruit Punch Apple Milk
24	Spaghetti w/ Meat Sauce Wg Pasta Green Beans Apple Juice/Orange Milk	25 Walking Tacos Beef Taco/Cheese/ Salsa Tortilla Chips Romaine Salad Banana/Milk	26 Turkey Sandwich Carrots Red Pepper Hummus Fruit Punch/Apple Milk	27 Hamburger Wg Bun Corn Fruit Cup Fresh Pear Milk	28 Cheese Pizza Broccoli Fruit Punch Apple Milk
31	Chicken Nuggets Baked Beans Strawberry Cup Fruit Punch Milk				