

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

1 meat/ meat alternative = 1oz

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

1 Vegetable =3/4 cup

1 Fruit = 1/2cup

--fruit/juice

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

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

1 milk = 1 cup

--fluid milk

**Menu is subject to change
without notice**



City Day

MAY 2021
Lunch Calendar

	Mon	Tue	Wed	Thu	Fri
3	Hamburger Wg Bun Wango Mango Applesauce Milk	4 Turkey Sandwich Wg Bread Romaine Salad RF Ranch Fresh Orange Milk	5 Chicken Nuggets Corn Mixed Fruit Milk	6 Chicken Taco Cheese/Salsa Wg Tortilla Spicy Refried Bean Banana/Milk	7Chicken Quesadilla Romaine Salad Fruit Punch Milk
10	Hamburger Wg Bun Broccoli Fruit Punch Milk	11 Walking Taco Cheese/Salsa Tortilla Chips Romaine Salad Banana Milk	12 Chicken Nugget Wrap/Wg Tortilla Mashed Potatoes Mixed Fruit Milk	13 BBQ Chicken Wg Bun Baked Beans Fruit Punch Milk	14 Cheese Pizza Carrots Apple Milk
17	Chicken Pattie Wg Bun Corn 100% Fruit Punch Milk	18 Turkey Sandwich Wg Bread Carrots RF Ranch Fresh Orange Milk	19 Chicken Taco Cheese/Salsa Wg Tortilla Spicy Refried Bean Dip Banana/Milk Apple Cherry Juice	20 Hamburger Wg Bun Wango Mango Applesauce Milk	21 Cheese Pizza Carrots Apple Milk
24	Chicken Nugget Wrap/Wg Tortilla Mashed Potatoes Mixed Fruit Milk	25 Hamburger Wg Bun Baked Beans Banana/Fruit Punch Milk	26 Cheese Pizza Carrots Apple Milk	27	28
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**This institution is an
equal opportunity
provider.**

