

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

In Person

	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 BBQ Chicken Wg Bun Corn Fruit Punch Milk	6	7
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	14
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	21
24	Chicken Nugget Wrap/Wg Tortilla Mashed Potatoes Banana Milk	25 Hamburger Wg Bun Baked Beans Apple Milk	26 Cheese Pizza Carrots Fruit Punch Milk	27	28
31					

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

