

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 = 1 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

**FEBRUARY 2021 Remote
Lunch Calendar**

	Mon	Tue	Wed	Thu	Fri
	1 Chicken Nugget Wrap/Wg Tortilla Baked Beans Orange Milk	2 Taco Salad Cheese/Salsa Tortilla Chips Romaine Salad Craisins Milk	3 Chicken Caesar Wrap/Wg Tortilla Mashed Potatoes Fresh Pear Milk	4 Turkey Sandwich Wg Bread Wango Mango Applesauce Cup Milk	5 Cheese Pizza Carrots 100%Fruit Punch Milk
	8 Turkey Sandwich Wg Bread Wango Mango Applesauce Cup Milk	9 Chicken Taco Sour cream/Salsa Wg Tortilla Spicy Refried Bean Dip Apple Cherry Juice Milk	10 Hamburger Wg Bun Broccoli Pasta Salad Apple Milk	11 Philly Beef Wg Bun/Cheese Mashed Potatoes 100% Fruit Punch Milk	12 Chicken Quesadilla Cucumber RF Ranch Banana Milk
	15 PRESIDENT'S DAY NO SCHOOL PBJ Kit/Wg Bread Carrots Apple Milk	16 Soft Taco Cheese/Salsa Wg Tortilla Mexican Corn Banana Milk	17 Chicken Philly Wg Bun Baked Beans Applesauce Cup Milk	18 Chicken Pattie Wg Bun Green Beans 100% Fruit Punch Milk	19 Cheese Pizza Carrots 100%Fruit Punch Milk
	22 Chicken Nugget Wrap Mashed Potatoes Raisels Milk	23 Chicken Taco Salsa Wg Tortilla Romaine Salad Banana Milk	24 Hamburger Wg Bun Sweet Potatoes Fruit Punch Milk	25 Chicken Philly Wg Bun Baked Beans Applesauce Milk	26 Cheese Pizza Cucumber Apple Milk

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

