

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

Lunch Calendar In person

	Mon	Tue	Wed	Thu	Fri		
1	Turkey Hotdog Wg Bun Wango Mango Applesauce Cup Milk	2	Taco Salad Cheese/Salsa Tortilla Chips Romaine Salad Craisins Milk	3	Chicken Nugget Wrap/Wg Tortilla Baked Beans Orange Milk	4	5
8	Turkey Sandwich Wg Bread Wango Mango Applesauce Cup Milk	9	Chicken Taco Salsa Wg Tortilla Romaine Salad Banana Milk	10	Hamburger Wg Bun Broccoli Pasta Salad Apple Milk	11	12
15	PRESIDENT'S DAY NO SCHOOL	16	Soft Taco Cheese/Salsa Wg Tortilla Mexican Corn Banana Milk	17	Turkey Hotdog Wg Bun Wango Mango Applesauce Cup Milk	18	19
22	Chicken Nugget Wrap Baked Beans Applesauce cup Milk	23	Chicken Taco Salsa Wg Tortilla Romaine Salad Banana Milk	24	Hamburger Wg Bun Corn Fruit Punch Milk	25	26

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

