



Our lunch consists of a serving of milk, fruits, vegetables, grains & meat/ meat alternatives.

All students must have a serving of fruits or vegetables in their plates.

All grains are whole grain rich.

Daily milk options:

Fat-Free unflavored, 1% unflavored & Fat-Free unflavored Milk



Lunch Fact

MyPlate Recommends:

Choose vegetables rich in color!

Brighten your plate with vegetables that are red, orange, or dark green.

They don't only taste great, but they're also good for you!

Reference: USDA.MyPlate.gov



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Beef Patty W/ WG Bun 3
 Fresh Carrots
 Assorted Fresh Fruits
 Flavored Fat-Free/ Unflavored
 1% Milk

Beef & Bean Burrito W/ 4
 WG Tortilla
 Bean Salad W/ Salsa
 Assorted Fresh Fruits
 Flavored Fat-Free/ Unflavored
 1% Milk

Chicken Tender W/ WG Roll 5
 Steamed Corn
 Assorted Fresh Fruits
 Flavored Fat-Free/ Unflavored
 1% Milk

Cheese Pizza 6
 Spinach & Colored Peppers
 Assorted Fresh Fruits
 Flavored Fat-Free/ Unflavored
 1% Milk

1/2 7
Day

Nacho Cheese W/ WG Tortilla Chips 10
 Salsa
 Assorted Fresh Fruits
 Flavored Fat-Free/ Unflavored
 1% Milk

Beef Hotdog W/ WG Bun 11
 Potato Wedges
 Assorted Fresh Fruits
 Flavored Fat-Free/ Unflavored
 1% Milk

Chicken Popcorn W/ WG Roll 12
 Fresh Carrots
 Assorted Fresh Fruits
 Flavored Fat-Free/ Unflavored
 1% Milk

Cheese Pizza 13
 Spinach & Colored Peppers
 Assorted Fresh Fruits
 Flavored Fat-Free/ Unflavored
 1% Milk

1/2 14
Day

