



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](https://www.usda.gov/myplate)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3

Crunch Mania
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

4

Banana Bread
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

5

Chocolate Chip Muffin
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

6

Coco Breakfast Bar
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

7

Cinnamon Roll
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

10

11

12

13

14

17

18

19

20

21

24

25

26

27

28