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

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

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

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

7
 1/2
 Day

