

Lunch Meal Pattern - K - 8th

Select 3 components

**1 meat/ meat alternative** = 1oz

--lean meat, poultry, alternative protein, cheese, egg, nut butter, yogurt

**1 Vegetable** = 1/2 cup

**1 Fruit** = 1/2cup

--fruit/juice

**1 whole grain rich (WG) selection(s)** = 1 oz

--bread, biscuit, roll, pasta, noodle, grain

**1 milk** = 1 cup

--fluid milk

**Menu is subject to change without notice**



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

**City Day**

**MAY 2019**  
**Lunch Calendar**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
			1 Chef Salad Turkey-2oz Romaine Salad-2c FF Ranch-2oz PLUM-1c Wg Crackers/Milk-1c	2 Turkey Wrap-2oz Wg Tortilla-2oz Carrots-1c Strawberries-1/2c Milk-1c	3 Cheese Pizza-3oz Carrots/Tom-1/2c FF Ranch-1oz 100% Juice 1/2c Milk-1c
6	Chicken Sandwich-2oz Wg Bun-2oz Corn-1/2c Sliced Peaches-1/2c Milk-1c	7 Chicken Taco-2oz Wg Tortilla-2oz Romaine Salad-2c Salsa-1/4c/Banana1c Tortilla Chips-1oz Milk-1c	8 Burger Bar Wg Bun-2oz Baked Beans-1c Pineapple-1/2c Milk-1c	9 Chicken Philly Wg Hoagie Bun 2oz Broccoli-1/2c Melon-1/2c each Milk-1c	10 Cheese Pizza-3oz Carrots-1c FF Ranch-1oz 100% Juice 1/2c Milk-1c
13	Turkey Wrap-2oz Wg Tortilla-2oz Carrots-1c RF Ranch-1oz 100% Fruit Punch-1/2	14 Spicy Chicken Nachos -2oz Tortilla Chips-2oz Salsa-1/4c Romaine Salad-2c Banana-1c Milk-1c	15 Chicken w/ Brown Rice-4oz Broccoli-1/2c Peaches 1/2c Milk-1c	16 Italian Meatball Hoagie-2oz Wg Bun-2oz Mashed Potatoes Apple-1c Milk-1c	17 Cheese Pizza-3oz Carrots-1c FF Ranch-1oz Juice 1/2c Milk-1c
20	Hamburger-2oz Wg Bun-2oz Baked Beans-1c Let/Tom-1/4c ea Apple-1c Milk 1c	21 Spicy Chicken Nachos-2oz Tortilla Chips-2oz Salsa-1/4c Romaine Salad-2c Banana-1c Milk-1c	22 Cheese Pizza 3oz Carrots-1c RF Ranch-1oz 100% Juice 1/2c Milk-1c	23	24
27		28	29	30	