

Lunch Menu

WEEK ONE:

- Monday Chicken Nuggets (2 oz.), Broccoli (1/2 c.), Apple Sauce (1/2 c.), Milk (3/4 c.)
- Tuesday Macaroni & Cheese (1/4 c. pasta, 1.5 oz. cheese), Green Beans (1/2 c.), Pears (1/2 c.), Milk (3/4 c.)
- Wednesday Spaghetti (1/4 c.) w/ Meat Sauce (1.5 oz.), Mixed Vegetables (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.)
- Thursday Peanut Butter (3 tbs.) & Jelly Sandwich (1/2), Apple Sauce (1/2 c.), Milk (3/4 c.), and Homemade Chicken (1.5 oz.) Noodle Soup (1/4 c.),
or
Jello w/ bananas (1/4 c.)
- Friday Grilled Cheese (1 oz.) Sandwich (1 slice wheat bread), Green Salad (1/2 c.), Pineapple (1/2 c.), Milk (3/4 c.)

WEEK TWO:

- Monday Sliced Turkey (1.5 oz.), Cheese (1 oz.) & Lettuce Sandwich on wheat bread, Corn (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.)
- Tuesday Teriyaki Chicken (2 oz.) with Brown Rice (1/2 c.), Vegetables (1/2 c.), Fruit (1/2 c.), Milk (3/4 c.)
- Wednesday Vegetable Chili (Beans, Green Peppers, Tomatoes, Yogurt, Cheese), Homemade Corn Bread (1/2 serving), Mixed Vegetables (1/2 c.), Pineapple (1/2 c.), Milk (3/4 c.)
- Thursday Cook's Pizza (1.5 oz. cheese, 1/2 serving bread, 2 salami), Green Beans (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.)
- Friday Fish Sticks (3), Mashed Potatoes (1/2 c.) with Gravy, Fruit Cocktail (1/2 c.), Milk (3/4 c.)

All children receive the above minimum, and may be served 2nds and 3rds upon their request.

- All vegetables are fresh frozen.
- Whole wheat bread with no artificial preservatives added.
- Bean and cornbread served at the same meal combine to make a complete protein.
- Milk is fresh low-fat

This menu has been certified by a dietitian to be nutritionally complete.

Modifications to the menu will be posted on the parent-information board.

ELEMENTARY ONLY On two Fridays a month the main entrée will be substituted as follows:

1st Friday of the month: Cheese burger

3rd Friday of the month: Bean burrito