

51% whole grains
100% juice

POSITIVE EDUCATION PROGRAM
9-12th Hot Lunch Menu
October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
STROMBOLI 1 C BAKED BEANS 1/2 C FRUIT OR JUICE MILK	SLOPPY JOE W/WGR BUN 1 C BROCCOLI 1/2 C FRUIT OR JUICE MILK	WGR CHEESE PIZZA 1 1/4 C BABY CARROTS RANCH DRESSING 1/2 C FRUIT OR JUICE MILK	CHICKEN CORN DOG 1 C TATER TOTS KETCHUP & MUSTARD 1/2 C FRUIT OR JUICE MILK	MAC & CHEESE 1 C GREEN BEANS 1 SLICE WGR BREAD 1/2 C FRUIT OR JUICE MILK
9	10	11	12	13
HAMBURGER W/WGR BUN 1 C TATER TOTS KETCHUP & MUSTARD 1/2 C FRUIT OR JUICE MILK	CHICKEN NUGGETS 1 C COOKED CARROTS 1 SLICE WGR BREAD KETCHUP & MARGARINE 1/2 C FRUIT OR JUICE MILK	TURKEY PEPPERONI STROMBOLI 1 C GREEN BEANS 1/2 C FRUIT OR JUICE MILK	PIZZA BURGER 1 C BROCCOLI 1/2 C FRUIT OR JUICE MILK	IN-SERVICE NO STUDENTS
16	17	18	19	20
MAC & CHEESE 1 C BROCCOLI A SLICE WGR BREAD 1/2 C FRUIT OR JUICE MILK	CHICKEN LEG 1 C BAKED BEANS 1 SLICE WGR BREAD 1/2 C FRUIT OR JUICE MILK	WGR CHEESE PIZZA 1 C GREEN BEANS 1/2 C FRUIT OR JUICE MILK	CHICKEN PATTY W/WGR BUN 1 1/4 C BABY CARROTS RANCH DRESSING 1/2 C FRUIT OR JUICE MILK	CHEESE STROMBOLI 1 C TATER TOTS 1/2 C FRUIT OR JUICE MILK
23	24	25	26	27
MEATBALLS IN PASTA SAUCE 1 C CORN 2 SLICES WGR BREAD MARGARINE 1/2 C FRUIT OR JUICE MILK	CHICKEN NUGGETS 1 C BROCCOLI 1 SLICE WGR BREAD KETCHUP & MARGARINE 1/2 C FRUIT OR JUICE MILK	CHEESE STROMBOLI 1 1/4 C BABY CARROTS RANCH DRESSING 1/2 C FRUIT OR JUICE MILK	TURKEY FRANK W/WGR BUN 1 C GREEN BEANS KETCHUP & MUSTARD 1/2 C FRUIT OR JUICE MILK	CHEESE BURGER W/WGR BUN 1 C BAKED BEANS KETCHUP & MUSTARD 1/2 C FRUIT OR JUICE MILK
30	31			
TURKEY PEPPERONI STROMBOLI 1 C BAKED BEANS 1/2 C FRUIT OR JUICE MILK	SLOPPY JOE W/WGR BUN 1 C BROCCOLI 1/2 C FRUIT OR JUICE MILK			MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

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SERVING SIZES:
2 oz. of whole Grain, 2 oz. protien, 1c Fruit or 1 C Fruit Juice,
1C vegetable, 8oz. skim or 1% Milk
calories not to exceed 850, saturated fat not to exceed 10% total weekly calories