


51% whole grains
 100% juice
 No fish, pork or nuts served.

Positive Education Program
 Prentiss
 Grades 9-12 Hot Lunch Menu
 September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.				CHEESEBURGER/WGR. BUN 1 C BAKED BEANS 1 C FRUIT MILK KETCHUP/MUSTARD
4	5	6	7	8
LABOR DAY 	SLOPPY JOE/WGR. BUN 1 C BROCCOLI FRESH ORANGE MILK	WGR. CHEESE PIZZA 1 C BABY CARROTS W/RANCH 1 C FRUIT MILK	CHICKEN CORN DOG 1 C TATER TOTS 1 C FRUIT MILK KETCHUP/MUSTAD	IN-SERVICE NO STUDENTS
11	12	13	14	15
HAMBURGER/WGR. BUN 1 C TATER TOTS 1 C FRUIT MILK KETCHUP/MUSTARD	PIZZA BURGER 1 C BROCCOLI 1 C SLICED APPLE MILK	TURKEY PEPPERONI STROMBOLI 1 C GREEN BEANS 1 C FRUIT MILK	CHICKEN NUGGETS 1 C CARROTS 1 C FRUIT WGR. BREAD/MARGARINE MILK KETCHUP/MUSARD	TURKEY FRANK/WGR. BUN 1 C BAKED BEANS 1 C FRUIT MILK
18	19	20	21	22
MAC & CHEESE 1 C BROCCOLI 1 C FRUIT WGR. BREAD MILK	CHICKEN LEG 1 C BAKED BEANS 1 C SLICED APPLE WGR. BREAD MILK	WGR. CHEESE PIZZA 1 C GREEN BENAS 1 C FRUIT MILK	CHICKEN PATTY/WGR. BUN 1 C BABY CARROTS W/RANCH 1 C FRUIT MILK	CHEESE STROMBOLI 1 C TATER TOTS 1 C FRUIT MILK
25	26	27	28	29
MEATBALLS W/SAUCE 1 C CORN 1 C FRUIT 2 WGR. BREAD W/MARGARINE MILK	CHICKEN NUGGETS 1 C BROCCOLI WGR. BREAD/MARGARINE 1 C SLICED APPLE MILK KETCHUP	CHEESE STROMBOLI 1 C BABY CARROTS W/RANCH 1 C FRUIT MILK	TURKEY FRANK W/WGR. BUN 1 C GREEN BEANS 1 C FRUIT MILK KETCHUP/MUSTARD	CHEESEBURGER W/WGR. BUN 1 C BAKED BEANS 1 C FRUIT MILK KETCHUP/MUSTARD

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