


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

Positive Education Program
 Prentiss
 K-8th Hot Lunch Menu
 September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.				CHEESEBURGER/WGR BUN 3/4 C BAKED BEANS 1/2 C FRUIT MILK KETCHUP/MUSTARD
4	5	6	7	8
LABOR DAY 	SLOPPY JOE/WGR BUN 3/4 C BROCCOLI FRESH ORANGE MILK	WGR CHEESE PIZZA 3/4 C BABY CARROTS W/RANCH 1/2 C FRUIT MILK	CHICKEN CORN DOG 3/4 C TATER TOTS 1/2 C FRUIT MILK KETCHUP/MUSTAD	IN-SERVICE NO STUDENTS
11	12	13	14	15
HAMBURGER/WGR BUN 3/4 C TATER TOTS 1/2 C FRUIT MILK KETCHUP/MUSTARD	PIZZA BURGER 3/4 C BROCCOLI 1/2 C SLICED APPLE MILK	TURKEY PEPPERONI STROMBOLI 3/4 C GREEN BEANS 1/2 C FRUIT MILK	CHICKEN NUGGETS 3/4 C CARROTS 1/2 C FRUIT WGR BREAD/MARGARINE MILK KETCHUP/MUSARD	TURKEY FRANK/WGR BUN 3/4 C BAKED BEANS 1/2 C FRUIT MILK
18	19	20	21	22
MAC & CHEESE 3/4 C BROCCOLI 1/2 FRUIT WGR BREAD MILK	CHICKEN LEG 3/4 C BAKED BEANS 1/2 C SLICED APPLE WGR BREAD MILK	WGR CHEESE PIZZA 3/4 C GREEN BENAS 1/2 C FRUIT MILK	CHICKEN PATTY/WGR BUN 3/4 C BABY CARROTS W/RANCH 1/2 C FRUIT MILK	CHEESE STROMBOLI 3/4 C TATER TOTS 1/2 C FRUIT MILK
25	26	27	28	29
MEATBALLS W/SAUCE 3/4 C CORN 1/2 C FRUIT 2 WGR BREAD W/MARGARINE MILK	CHICKEN NUGGETS 3/4 C BROCCOLI WGR BREAD/MARGARINE 1/2 C SLICED APPLE MILK KETCHUP	CHEESE STROMBOLI 3/4 C BABY CARROTS W/RANCH 1/2 C FRUIT MILK	TURKEY FRANK W/WGR BUN 3/4 C GREEN BEANS 1/2 C FRUIT MILK KETCHUP/MUSTARD	CHEESEBURGER W/WGR BUN 3/4 C BAKED BEANS 1/2 C FRUIT MILK KETCHUP/MUSTARD

SERVING SIZES:

2 oz. of whole Grain, 2 oz. protien, 1/2 c Fruit or 1/2 C Fruit Juice,
 3/4 C vegetable, 8oz. skim or 1% Milk
 calories not to exceed 550, saturated fat not to exceed more then 10% weekly calories