

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

Positive Education Program  
 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.				
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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