




51% WHOLE GRAINS  
100% JUICE

POSITIVE EDUCATION PROGRAM  
9-12 HOT LUNCH MENU  
NOVEMBER 2022

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
|   |  | 1   | 2   | 3   |
| MENU SUBJECT TO CHANGE.<br>PEP IS AN EQUAL OPP&TUNITY<br>PROVIDER & EMPLOYER.                         |                                | WGR CHEESE PIZZA<br>1 C BABY CARROTS W/RANCH<br>DRESSING<br>1/2 CUP FRUIT & JUICE<br>MILK | CHICKEN CORNDOG<br>1 C TATER TOTS<br>MUSTARD & KETCHUP<br>1/2 CUP FRUIT & JUICE<br>MILK | IN-SERVICE<br>NO STUDENTS   |
| 6   | 7  | 8   | 9   | 10  |
| HAMBURGER W/WGR BUN<br>1 C TATER TOTS<br>KETCHUP & MUSTARD<br>1/2 CUP FRUIT & JUICE<br>MILK           | CHICKEN NUGGETS<br>1 C COOKED CARROTS<br>1 SLC WGR BREAD<br>KETCHUP & MARGARINE<br>1/2 CUP FRUIT & JUICE<br>MILK | TURKEY PEPPERONI<br>STROMBOLI<br>1 C GREEN BEANS<br>1/2 CUP FRUIT & JUICE<br>MILK         | CHICKEN PATTY W/WGR BUN<br>1 C BROCCOLI<br>1/2 CUP FRUIT & JUICE<br>MILK                | TURKEY FRANK W/WGR BUN<br>1 C BAKED BEANS<br>KETCHUP & MUSTARD<br>1/2 CUP FRUIT & JUICE<br>MILK |
| 13  | 14   | 15  | 16  | 17  |
| MACARONI & CHEESE<br>1 C BROCCOLI<br>1 SLC WGR BREAD<br>1/2 CUP FRUIT & JUICE<br>MILK                 | CHICKEN LEG<br>1 C BAKED BEANS<br>1 SLC WGR BREAD<br>1/2 CUP FRUIT & JUICE<br>MILK                               | WGR CHEESE PIZZA<br>1 C BABY CARROTS W/RANCH<br>DRESSING<br>1/2 CUP FRUIT & JUICE<br>MILK | CHICKEN PATTY W/WGR BUN<br>1 C TATER TOTS<br>1/2 CUP FRUIT & JUICE<br>MILK              | CHEESE STROMBOLI<br>1 C GREEN BEANS<br>1/2 CUP FRUIT & JUICE<br>MILK                            |
| 20  | 20   | 22  | 23  | 24  |
| TURKEY PEPPERONI<br>STROMBOLI<br>1 C BAKED BEANS<br>1/2 CUP FRUIT & JUICE<br>MILK                     | CHICKEN NUGGETS<br>1 C BROCCOLI<br>1 SLC WGR BREAD<br>KETCHUP & MARGARINE<br>1/2 CUP FRUIT & JUICE<br>MILK       |      |   |   |
| 27  | 28   | 29  | 30  |   |
| MEATBALLS IN PASTA SAUCE<br>1 C CORN<br>2 SLC WGR BREAD<br>MARGARINE<br>1/2 CUP FRUIT & JUICE<br>MILK | SLOPPY JOE W/WGR BUN<br>1 C GREEN BEANS<br>1/2 CUP FRUIT & JUICE<br>MILK   | WGR CHEESE PIZZA<br>1 C BABY CARROTS W/RANCH<br>DRESSING<br>1/2 CUP FRUIT & JUICE<br>MILK | CHICKEN C&NDOG<br>1 C TATER TOTS<br>MUSTARD & KETCHUP<br>1/2 CUP FRUIT & JUICE<br>MILK  |            |

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