






51% WHOLE GRAINS
100% JUICE

POSITIVE EDUCATION PROGRAM
PRENTISS NOVEMBER 2023
9-12 HOT LUNCH MENU

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