

51% whole grains  
100% juice

POSITIVE EDUCATION PROGRAM  
9-12 Hot Lunch Menu  
MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<b>MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPP&amp;TUNITY PROVIDER &amp; EMPLOYER.</b>				MACARONI & CHEESE 1 C BROCCOLI 1 SLC WGR BREAD 1/2 CUP FRUIT & JUICE MILK
4	5	6	7	8
HAMBURGER W/WGR BUN 1 C TATER TOTS KETCHUP & MUSTARD 1/2 CUP FRUIT & JUICE MILK	CHICKEN PATTY W/WGR BUN BBQ SAUCE 1 C BROCCOLI 1/2 CUP FRUIT & JUICE MILK	WGR CHEESE PIZZA 1 1/4 C BABY CARROTS RANCH DRESSING 1/2 CUP FRUIT & JUICE MILK	CHICKEN NUGGETS 1 C GREEN BEANS 1 SLC WGR BREAD BBQ SAUCE & MARGARINE 1/2 CUP FRUIT & JUICE MILK	TURKEY FRANK W/WGR BUN 1 C BAKED BEANS KETCHUP & MUSTARD 1/2 CUP FRUIT & JUICE MILK
11	12	13	14	15
MACARONI & CHEESE 1 C BROCCOLI 1 SLC WGR BREAD MARGARINE 1/2 CUP FRUIT & JUICE MILK	CHICKEN LEG 1 C BAKED BEANS 1 SLC WGR BREAD MARGARINE 1/2 CUP FRUIT & JUICE MILK	WGR CHEESE PIZZA 1 1/4 C BABY CARROTS RANCH DRESSING 1/2 CUP FRUIT & JUICE MILK	CHICKEN PATTY W/WGR BUN BBQ SAUCE 1 C TATER TOTS 1/2 CUP FRUIT & JUICE MILK	IN-SERVICE NO STUDENTS
18	19	20	21	22
MEATBALLS IN PASTA SAUCE 1 C GREEN BEANS 2 SLC WGR BREAD MARGARINE 1/2 CUP FRUIT & JUICE MILK	CHICKEN NUGGETS 1 C BROCCOLI 1 SLC WGR BREAD BBQ SAUCE & MARGARINE 1/2 CUP FRUIT & JUICE MILK	CHEESE STROMBOLI 1 1/4 C BABY CARROTS RANCH DRESSING 1/2 CUP FRUIT & JUICE MILK	TURKEY FRANK W/WGR BUN 1 C BAKED BEANS KETCHUP & MUSTARD 1/2 CUP FRUIT & JUICE MILK	CHEESEBURGER W/WGR BUN 1 C TATER TOTS KETCHUP & MUSTARD 1/2 CUP FRUIT & JUICE MILK
25	26	27	28	29
CHICKEN LEG 1 C BAKED BEANS 1 SLC WGR BREAD 1/2 CUP FRUIT & JUICE MILK	SLOPPY JOE W/WGR BUN 1 C TATER TOTS 1/2 CUP FRUIT & JUICE MILK	WGR CHEESE PIZZA 1 1/4 C BABY CARROTS RANCH DRESSING 1/2 CUP FRUIT & JUICE MILK	CHICKEN C&NDOG 1/2 C GREEN BEANS MUSTARD & KETCHUP 1/2 CUP FRUIT & JUICE MILK	MACARONI & CHEESE 1 C BROCCOLI 1 SLC WGR BREAD 1/2 CUP FRUIT & JUICE MILK

Serving Sizes:  
2 oz. WG, 2 oz. Protein, 1 C fruit/Juice, 1 C vegetable.  
8 oz. skim/1% Milkx  
Calories not to exceed 850, saturated fat not to exceed more then 10% weekly calories