

51% WHOLE GRAINS
100% JUICE

**POSITIVE EDUCATION PROGRAM
K-8TH HOT LUNCH
MARCH 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.				MACARONI & CHEESE 3/4 C BROCCOLI 1 SLC WGR BREAD 1/2 CUP FRUIT OR JUICE MILK
4	5	6	7	8
HAMBURGER W/WGR BUN 3/4 C TATER TOTS KETCHUP & MUSTARD 1/2 CUP FRUIT OR JUICE MILK	CHICKEN PATTY W/WGR BUN BBQ SAUCE 3/4 C BROCCOLI 1/2 CUP FRUIT OR JUICE MILK	WGR CHEESE PIZZA 3/4 C BABY CARROTS RANCH DRESSING 1/2 CUP FRUIT OR JUICE MILK	CHICKEN NUGGETS 3/4 C GREEN BEANS 1 SLC WGR BREAD BBQ SAUCE & MARGARINE 1/2 CUP FRUIT OR JUICE MILK	TURKEY FRANK W/WGR BUN 3/4 C BAKED BEANS KETCHUP & MUSTARD 1/2 CUP FRUIT OR JUICE MILK
11	12	13	14	15
MACARONI & CHEESE 3/4 C BROCCOLI 1 SLC WGR BREAD MARGARINE 1/2 CUP FRUIT OR JUICE MILK	CHICKEN LEG 3/4 C BAKED BEANS 1 SLC WGR BREAD MARGARINE 1/2 CUP FRUIT OR JUICE MILK	WGR CHEESE PIZZA 3/4 C BABY CARROTS RANCH DRESSING 1/2 CUP FRUIT OR JUICE MILK	CHICKEN PATTY W/WGR BUN BBQ SAUCE 3/4 C TATER TOTS 1/2 CUP FRUIT OR JUICE MILK	IN-SERVICE NO STUDENTS
18	19	20	21	22
MEATBALLS IN PASTA SAUCE 3/4 C GREEN BEANS 2 SLC WGR BREAD MARGARINE 1/2 CUP FRUIT OR JUICE MILK	CHICKEN NUGGETS 3/4 C BROCCOLI 1 SLC WGR BREAD BBQ SAUCE & MARGARINE 1/2 CUP FRUIT OR JUICE MILK	CHEESE STROMBOLI 3/4 C BABY CARROTS RANCH DRESSING 1/2 CUP FRUIT OR JUICE MILK	TURKEY FRANK W/WGR BUN 3/4 C BAKED BEANS KETCHUP & MUSTARD 1/2 CUP FRUIT OR JUICE MILK	CHEESEBURGER W/WGR BUN 3/4 C TATER TOTS KETCHUP & MUSTARD 1/2 CUP FRUIT OR JUICE MILK
25	26	27	28	29
CHICKEN LEG 3/4 C BAKED BEANS 1 SLC WGR BREAD 1/2 CUP FRUIT OR JUICE MILK	SLOPPY JOE W/WGR BUN 3/4 C TATER TOTS 1/2 CUP FRUIT OR JUICE MILK	WGR CHEESE PIZZA 3/4 C BABY CARROTS RANCH DRESSING 1/2 CUP FRUIT OR JUICE MILK	CHICKEN CORNDOG 1/2 C GREEN BEANS MUSTARD & KETCHUP 1/2 CUP FRUIT OR JUICE MILK	MACARONI & CHEESE 3/4 C BROCCOLI 1 SLC WGR BREAD 1/2 CUP FRUIT OR JUICE MILK

SERVING SIZES:
2 OZ. OF WHOLE GRAIN, 2 OZ. PROTIN, 1/2 C FRUIT OR 1/2 C FRUIT JUICE,
3/4 C VEGETABLE, 8OZ. SKIM OR 1% MILK
CALORIES NOT TO EXCEED 650, SATURATED FAT NOT TO EXCEED MORE THEN 10% WEEKLY CALORIES