

51% whole grains
 100% juice
 MENU IS SUBJECT TO CHANGE

Positive Education Program
 Grades 9-12 Hot Lunch Menu
 September 2024

THIS INSTITUTION IS AN
 EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
LABOR DAY 	GRILLED CHICKEN WGR. BUN 1 C ROASTED POTATOES 1/2 C APPLESAUCE 1/2 C ORANGE JUICE MILK	WGR. CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	CHICKEN CORN DOG 1 C BAKED BEANS FRESH ORANGE 1/2 C APPLE JUICE MILK	ORANGE CHICKEN OVER VEGGIE FRIED RICE 1 C BROCCOLI 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE MILK
9	10	11	12	13
LASAGNA ROLL UP 1 SLC WGR. BREAD 1 C GREEN BEANS FRESH APPLE 1/2 C APPLE JUICE MARGARINE MILK	CHICKEN PATTY WGR. BUN 1 C BAKED BEANS 1/2 C APPLESAUCE 1/2 C ORANGE JUICE MILK	WGR. PEPPERONI PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	CHICKEN TENDERS & WAFFLES 1 C ROASTED POTATOES FRESH ORANGE 1/2 C APPLE JUICE MILK	GRILLED CHEESE 1 C BROCCOLI 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE MILK
16	17	18	19	20
MAC & CHEESE 1 SLC WGR. BREAD 1 C GREEN BEANS FRESH APPLE 1/2 C APPLE JUICE MARGARINE MILK	CHEESE & BEAN BURRITO 1 C CORN 1/2 C APPLESAUCE 1/2 C ORANGE JUICE MILK	WGR. CHEESE STROMBOLI 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	SLOPPY JOE WGR. BUN 1 C BROCCOLI FRESH ORANGE 1/2 C APPLE JUICE MILK	IN-SERVICE NO STUDENTS
23	24	25	26	27
PANCAKES W/TURKEY SAUSAGE 1 ROASTED POTATOES FRESH APPLE 1/2 C APPLE JUICE MILK	CHICKEN ALFREDO PASTA BAKE 1 C BROCCOLI 1/2 C APPLESAUCE 1/2 C ORANGE JUICE MILK	WGR. PEPPERONI PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	CHEESEBURGER WGR. BUN 1 C BAKED BEANS FRESH ORANGE 1/2 C APPLE JUICE MILK	SWEET & SOUR CHICKEN OVER VEGGIE FRIED RICE 1 C GREEN BEANS 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE MILK
30				
PANCAKES W/TURKEY SAUSAGE 1 ROASTED POTATOES FRESH APPLE 1/2 C APPLE 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