

51% whole grains  
 100% juice  
 MENU SUBJECT TO CHANGE

**POSITIVE EDUCATION PROGRAM**  
**PRENTISS**  
**9-12th Hot Lunch Menu**  
**October 2024**

AN EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	GRILLED CHICKEN ON 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 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK	ORANGE CHICKEN OVER VEGIE FRIED RICE 1 C BROCCOLI 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE MILK
7	8	9	10	11
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 CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	CHICKEN TENDERS & WAFFLES 1 C ROASTED POTATOES 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK	IN-SERVICE NO STUDENTS
14	15	16	17	18
<h1>NO SCHOOL</h1>				
21	22	23	24	25
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 CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	CHEESEBURGER WGR BUN 1 C BAKED BEANS 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE KETCHUP & MUSTARD MILK	IN-SERVICE NO STUDENTS
28	29	30	31	
PASTA & MEATBALL BAKE 1 C GREEN BEANS FRESH APPLE 1/2 C APPLE JUICE MILK	GRILLED CHICKEN ON 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 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK	

**SERVING SIZES:**  
 2 oz. of whole Grain, 2 oz. protein, 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