

51% WHOLE GRAINS
 100% JUICE
 MENU SUBJECT TO CHANGE

POSITIVE EDUCATION PROGRAM
 PRENTISS
 K-8 HOT LUNCH
 OCTOBER 2024

THIS INSTITUTION IS AN
 EQUAL OPPORTUNITY PROVIDER

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

D

SERVING SIZES:
 2 oz. of whole Grain, 2 oz. protien, 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