

51% whole grains
 100% juice
 MENU SUBJECT TO CHANGE

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

THIS INSTITUTION IS 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 VEGFIE 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
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 TACO SAUCE MILK	WGR CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C GRAPE JUICE MILK	SLOPPY JOE WGR BUN 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK	CHICKEN NUGGETS 1 SLC WGR BREAD 1 C BAKED BEANS 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE BBQ SAUCE MARGARINE MILK
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. 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