




51% WHOLE GRAINS
 100% JUICE
 MENU SUBJECT TO CHANGE

POSITIVE EDUCATION PROGRAM
 9-12 HOT LUNCH MENU
 NOVEMBER 2024

THIS INSTITUTION IS AN
 EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 ORANGE CHICKEN OVER VEGGIE FRIED RICE 1 C BROCCOLI 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE MILK
4	5	6	7	8
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 ORANGE 1/2 C APPLE JUICE MILK	GRILLED CHEESE 1 C BROCCOLI 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE MILK
11	12	13	14	15
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 MARGARINE MILK
18	19	20	21	22
PANCAKES W/TURKEY SAUSAGE 1 C 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
25	26	27	28	29
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			

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