






POSTIVE EDUCATION PROGRAM  
PRENTISS NOVEMBER 2024  
K-8 HOT LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				ORANGE CHICKEN OVER VEGGIE FRIED RICE 3/4 C BROCCOLI 1/2 C MIXED FRUIT MILK
4	5	6	7	8
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	GRILLED CHEESE 3/4 C BROCCOLI 1/2 C MIXED FRUIT MILK
11	12	13	14	15
MAC & CHEESE 1 SLC WGR BREAD 3/4 C GREEN BEANS FRESH APPLE MARGARINE MILK	CHEESE & BEAN BURRITO 3/4 C CORN 1/2 C APPLESAUCE TACO SAUCE MILK	WGR CHEESE PIZZA 3/4 C COOKED CARROTS 1/2 C PEACHES MILK	SLOPPY JOE WGR BUN 3/4 C BROCCOLI 1/2 C MANDARIN ORANGES MILK	CHICKEN NUGGETS 1 SLC WGR BREAD 3/4 C BAKED BEANS 1/2 C MIXED FRUIT MARGARINE MILK
18	19	20	21	22
PANCAKES W/TURKEY SAUSAGE 3/4 C ROASTED POTATOES FRESH APPLE MILK & SYRUP	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	SWEET & SOUR CHICKEN OVER VEGGIE FRIED RICE 3/4 C GREEN BEANS 1/2 C MANDARIN ORANGES MILK	IN-SERVICE NO STUDENTS
25	26	27	28	29
				

SERVING SIZES:  
2 OZ. WHOLE GRAIN/PROTEIN, 1 C FRUIT OR 1/2 FRUITUCE, 8 ZO. SKIM/1% MILK  
CALORIES NOT TO EXCEED 650, SATURATED FAT NOT TO EXCEED 10% OF TOTAL WEEKLY CALORIES