




POSITIVE EDUCATION PROGRAM  
PEP PRENTISS JULY  
9-12TH LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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14	15	16	17	18
1 CHICKEN LEG 1 SLC WGR BREAD W/MARGARIN 1 C GREEN BEANS 1/2 C PEARS 1/2 C JUICE MILK	PANCAKES W/TURKEY SAUSAGE 1 C ROASTED POTATOES FRESH APPLE 1/2 C JUICE SYRUP MILK	TURKEY HOT DOG WGR BUN 1 C BAKED BEANS 1/2 PEACHES 1/2 C JUICE KETCHUP/MUSTARD MILK	ORANGE CHICKEN 1 C VEGGIE FRIED RICE 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C JUICE MILK	NO SCHOOL
21	22	23	24	25
CHEESE & BEAN BURRITO 1 C CORN 1/2 C PEARS 1/2 C JUICE TACO SAUCE MILK	CHICKEN NUGGETS WGR BREAD W/MARGARIN 1 C ROASTED POTATOES FRESH APPLE 1/2 C JUICE BBQ SAUCE MILK	TURKEY HOT DOG WGR BUN 1 C BAKED BEANS 1/2 PEACHES 1/2 C JUICE KETCHUP/MUSTARD MILK	CHEESEBURGER ON WGR BUN 1 C TATER GEMS 1/2 MANDARIN ORANGES 1/2 C JUICE KETCHUP/MUSTARD MILK	NO SCHOOL
28	29	30	31	
1 CHICKEN LEG 1 SLC WGR BREAD W/MARGARIN 1 C GREEN BEANS 1/2 C PEARS 1/2 C JUICE MILK	PANCAKES W/TURKEY SAUSAGE 1 C ROASTED POTATOES FRESH APPLE 1/2 C JUICE SYRUP MILK	TURKEY HOT DOG WGR BUN 1 C BAKED BEANS 1/2 PEACHES 1/2 C JUICE KETCHUP/MUSTARD MILK	ORANGE CHICKEN 3.4 C VEGGIE FRIED RICE 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C JUICE MILK	

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