

SEPTEMBER | 2024

Unitized School Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 WG Taco Bites Steamed Corn Fruitable Yogurt Cup Diced Peach Cup Milk	4 Grilled Chicken Breast Baked Beans Broccoli Florets Banana Milk	5 Cheeseburger WG Bun Green Beans Baby Carrots Sidekick Milk	6 Pizza Broccoli Florets Grape Tomatoes Apple Cookie Milk
9 Crispy Chicken Sandwich WG Bun Steamed Corn Baby Carrots Pear Milk	10 PB & J Uncrustable Steamed Edamame Cheesie Potatoes Strawberry Cup Milk	11 Grilled Chicken Sandwich WG Bun Steamed Carrots Broccoli Florets Banana Milk	12 WG Turkey Sausage Egg and Cheese Wrap String Cheese Mixed Vegetables Celery Sticks Applesauce Milk	13 Pizza Broccoli Florets Grape Tomatoes Apple Cookie Milk
16 Salisbury Steak WG Bun Steamed Peas Carrot Coins Pear Milk	17 Beef Walking Taco WG Doritos Refried Beans Salsa & Cheese Applesauce Milk	18 Pepperoni Calzone Steamed Carrots Fruitable Banana Milk	19 Grilled Chicken Breast WG Bun Green Beans Broccoli Florets Fruit Cup Milk	20 Pizza Broccoli Florets Grape Tomatoes Apple Cookie Milk
23 BBQ Beef Rib WG Bun Mixed Vegetable Baby Carrots Pear Milk	24 WG Egg & Cheese Calzone Cheesie potatoes Fruitable Applesauce Milk	25 WG Beef Taco Stick Salsa Cup Refried Beans Banana Milk	26 Grilled Chicken Sandwich WG Bun Steamed Carrots Fruitable Diced Peaches Milk	27 Pizza Broccoli Florets Grape Tomatoes Apple Cookie Milk
30 Sloppy Joes WG Bun Steamed Cauliflower Baby Carrots Pear Milk	1 Chicken Sandwich WG Bun Steamed Edamame Celery Sticks Fruit Cup Milk	2 Hamburger WG Bun Green Beans Broccoli Florets Banana Milk	3 Ham & Cheese Pocket Steamed Carrots Fruitable Pineapple Cup Milk	4 Pizza Broccoli Florets Grape Tomatoes Apple Cookie Milk

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 9 oz. per week
Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 8 oz. per week
Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free