

## 21 Day Sample Lunch Menu Grades 9-12

<p>4 oz Fish Patty ¼ c Mac &amp; Cheese 1 c Green Beans 1 c Diced Pears 8 oz Milk</p>	<p>2- 4 oz Corn dogs 1 c California Blend Veggie 1 Apple 8oz. Milk</p>	<p>1 c Elbow Pasta with 3 -2 oz Meatballs ½ c Joe Joe's Famous tomato sauce 1 ½ c Side Salad 2 oz Garlic bread stick 1 Banana</p>	<p>4 oz Mcgonigles Beef 3 oz Nacho Cheese 6 oz Tortilla Chips 1 c Refried beans 1 c Fruit Cocktail 8 oz Milk</p>	<p>Westport Flea Market 5 oz Burger 1 c Green Beans 4 oz W Wheat Slider 1 c Pears 8 oz Milk</p>
<p>5-1 oz Chicken Fingers ¾ c Diced Carrots 1 c Tropical Fruit 8 oz Milk</p>	<p>Sloppy Joes 5 oz Mcgonigles Beef 1 c Sweet Corn ½ c Pasta Salad 5 oz W Wheat Slider 1 orange 8 oz Milk</p>	<p>6 oz Joe Joes Homemade Meat Lasagna 1 c Broccoli ½ c Side Salad 1 c Sliced Peaches 2 oz Garlic Bread 8 oz Milk</p>	<p>2- 3 oz Meatloaf 1 Corn on the cob 2 oz W Wheat roll 1 c Roasted Red Potatoes 1 Apple 8 oz Milk</p>	<p>8 oz Beef Chili w Beans 1 c Mixed Vegetables 2 oz Crackers 2 oz Cheese Stick 1 c Mandarin Oranges 8 oz Milk</p>
<p>2- 3 oz Beef Burrito 4 oz Spanish Rice 1 c Refried Beans 1 c Apple Sauce 8 oz Milk</p>	<p>6 oz Meatball Grinder 2 oz Hoagie Bun 1 c Peas &amp; Carrots 1 c Tropical Fruit</p>	<p>1 c Penne Pasta W 6 oz Meat sauce 1 c Sliced Carrots W 1 oz Ranch 1 c Italian salad 1 c Sliced peaches 8 oz Milk</p>	<p>2- 3 oz Lemon Chicken 2 oz Wild Rice 1 c Green Beans 1 c Fruit Cocktail 8 oz Milk</p>	<p>2- 2 oz Hot dog 2 oz Hot Dog Bun 1 c Green Beans 8 oz Raisins 8 oz Milk</p>
<p>6 oz Turkey 2 oz W Wheat Bread 1 oz Cheddar 2 oz Sun Chips 1 c Broccoli 1 c Tropical Fruit</p>	<p>4 oz Chicken Pattie ¾ c Mixed Veggie 2oz Mashed Pot 2 oz White Gravy 2 oz W Wheat Roll 1 Banana 8 oz Milk</p>	<p>2- 3 oz Bosco Stick ¾ c Cali Blend Veggie ½ c Side Salad 1 Apple 8 oz Milk</p>	<p>6 oz Chicken Nuggets 1 c Potato Salad 1 c Carrots w Ranch 1 c Pears 8 oz Milk</p>	<p>5 oz BBQ Chicken 5 oz W Wheat Bun 1 c Sweet Corn 1 c Pineapple 8 oz Milk</p>
<p>5 oz Mcgonigles Beef 4 oz Nacho Cheese 6 oz Tortilla Chips 1 c Refried beans 1 c Fruit Cocktail 8 oz Milk</p>				

## 21 day Sample Breakfast Menu Grades 9-12

2- 1oz Whole grain cereal 2 oz Apple Sauce 4 oz Juice 8 oz Milk	4 oz Berry yogurt 2 oz Mini muffin 2 oz Pears 4 oz Juice 8 oz Milk	4 oz Scrambled Eggs 2 oz Turkey Sausage 1 Banana 4 oz Juice 8 oz Milk	3 oz French Toast Sticks 2 oz Turkey Sausage 2 oz Fruit Cocktail 8 oz Milk	2- 1oz Whole Grain Cereal 2 oz Peaches 4 oz Juice 8 oz Milk
2-1 oz Whole Grain Cereal 2 oz Tropical Fruit 4 oz Juice 8 oz Milk	3 oz Breakfast Burrito 1 oz Salsa 2 oz Mixed Fruit 4 oz Juice 8 oz Milk	3 oz French Toast Sticks 2 oz Turkey Sausage 2 oz Apple Sauce 4oz juice 8 oz milk	1 oz WW Biscuit w/ 2 oz Turkey Sausage Gravy 1 Orange 4 oz Juice 8 oz Milk	2 oz Nutri Grain Bar 2 oz Peaches 4 oz Milk 8 oz milk
2-1 oz Whole Grain Cereal 2 oz Fruit Cocktail 4 oz Juice 8 oz Milk	4 oz Pancakes 2 oz Scrambled Eggs 2 oz Pineapple 4 oz Juice 8 oz Milk	2 oz WW Bagel 1 oz Cream Cheese 4 oz Yogurt 2 oz Tropical Fruit 8oz Milk	2 oz WW English Muffin 1 oz Egg Patty 2 oz Turkey Sausage Pattie 1 apple 4 oz Juice 8 oz Milk	<b>Whole grain cereal</b> <b>1 Banana</b> <b>4 oz Juice</b> <b>8 oz Milk</b>

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4 oz Berry yogurt 2 oz Mini muffin 2 oz Pears 4 oz Juice 8 oz Milk	2 oz Scrambled Eggs 2 oz Hash Browns 1 oz Biscuits 1 orange 4 oz Juice 8 oz Milk	2 oz Blueberry Muffin 2 oz mixed Fruit 4 oz Juice 8 oz Milk	1 oz WW Biscuit w/ 2 oz Turkey Sausage Gravy 1 Orange 4 oz Juice 8 oz Milk	2-1 oz Whole Grain Cereal 2 oz Fruit Cocktail 4 oz Juice 8 oz Milk
2- 1oz Whole Grain Cereal 2 oz Peaches 4 oz Juice 8 oz Milk				

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