

21 day sample Lunch Menu Grades K-8

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

21 Day Sample Breakfast Menu Grades K-8

1 oz Whole grain Cereal 2 oz Fruit Cocktail 4 oz Juice 8oz Milk	4 oz Berry yogurt 2 oz Banana Muffin 2 oz Apple Sauce 4 oz Juice 8 oz Milk	3 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 Peaches 4 oz Juice 8oz Milk	1 oz Whole grain Cereal 2 oz Tropical Fruit 4 oz Juice 8oz Milk
1 oz Whole grain Cereal 1 Banana 4 oz Juice 8oz Milk	2 oz Breakfast Burrito 1 oz Salsa 1 Apple 4 oz Juice 8 oz Milk	3 oz French Toast Sticks 2 oz Turkey Sausage 2 oz Pineapple juice milk	1 oz WW Biscuit 2 oz Turkey Sausage Gravy 1 orange 4 oz Juice 8 oz Milk	1 oz Whole grain Cereal 2 oz Fruit Cocktail 4 oz Juice 8oz Milk
1 oz Whole grain Cereal 2 oz Tropical Fruit 4 oz Juice 8oz Milk	2 oz Pancakes 2 oz Turkey Sausage 2 oz Pears 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	1 oz Whole grain Cereal 1 Banana 4 oz Juice 8oz Milk

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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 Apple 4 oz Juice 8 oz Milk	1 oz Whole grain Cereal 2 oz Tropical Fruit 4 oz Juice 8oz Milk
1 oz Whole grain Cereal 2 oz Pineapple 4 oz Juice 8oz Milk				

