










Monday	Tuesday	Wednesday	Thursday	Friday
OFFER VS SERVE >>> Pick all 5 or 3 different items – 1 food item needs to be a ½ cup serving of fruit or vegetable. 	USDA K-5 Lunch Meal Pattern 1 oz. serving of meat/protein 1 oz. serving whole grain ½ cup serving of fruit ¼ cup serving of vegetable 1 (8 oz) serving of fluid milk (1% or fat-free)			Friday, 1st Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Filet – Bun Lettuce / Tomato / Pickle Cup Crinkle-Cut Potato Fries Southern Style Baked Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)
Monday, 4th Roasted Hot Dog – Bun OR Chicken Fajita Wrap – Tostito Chips Seasoned Pinto Beans – Tomato Salsa Buttery Whole Kernel Corn Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)	Tuesday, 5th Breaded Chicken Nuggets -Roll OR Salisbury Steak and Gravy- Roll Fluffy Whipped Potatoes Seasoned Green Beans Chilled Fruit Choices Low- Fat and Skim Milk Varieties (8 oz.) Cookie Treat with Meal	Wednesday, 6th Chicken Tetrazzini - Roll OR Pepperoni & Cheese Calzone Steamed Broccoli Tender Cooked Baby Carrots Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)	Thursday, 7th Crispy Chicken Tenders -Roll OR Selfie Cheese Pizza Seasoned California Blend Sweet Potato Waffle Fries Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)	Friday, 8th Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Filet – Bun Lettuce / Tomato / Pickle Cup Crinkle-Cut Potato Fries Southern Style Baked Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)
Monday, 11th 	Tuesday, 12th 	Wednesday, 13th 	Thursday, 14th 	Friday, 15th 
Monday, 18th Mini Corn Dogs OR Italian Pizza Slice Seasoned Potato Wedges Seasoned Green Beans Chilled Fruit Choices Low- Fat and Skim Milk Varieties (8 oz.)	Tuesday, 19th <i>School Cafeteria Manager's Choice</i> <i>Contact your school for details!</i>	Wednesday, 20th Country Fried Steak and Gravy - Roll OR Popcorn Chicken - Roll Fluffy Whipped Potatoes Seasoned Green Peas Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)	Thursday, 21st Beef & Cheese Nachos Smokey Rib Patty - Bun Buttery Whole Kernel Corn Seasoned Pinto Beans – Tomato Salsa Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)	Friday, 22nd Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Filet – Bun Lettuce / Tomato / Pickle Cup Crinkle-Cut Potato Fries Southern Style Baked Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)
Monday, 25th Selfie Pepperoni Pizza OR Beef and Cheese Taco Stick Sweet Potato Waffle Fries Seasoned Green Peas Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)	Tuesday, 26th Beefy Chili with Beans -Cornbread Bowl OR School Made Cornbread OR Mexican Fiestada Pizza Cheesy Au gratin Potatoes Tender Cooked Baby Carrots Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)	Wednesday, 27th Jumbo Corn Dog OR Max Cheesy Bread Sticks w/ Marinara Sauce Leafy Spinach with Tomato Seasoned Potato Wedges Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)	Thursday, 28th <i>School Cafeteria Manager's Choice</i> <i>Contact your school for details!</i>	Friday, 29th 