

LUNCH/ DINNER MENU

<p>2 Stew Meat-Chicken Pie Crust, Meat Pies Only Peas and Carrots Apricots Milk</p>	<p>3 Pork Chops/ Cutlet Whole Grain Brown Rice Carrots Pineapple Milk</p>	<p>4 Turkey Lunchmeat(High fat, no more than 2x per week) Multi-grain Bread Peas and Carrots Peaches Milk</p>	<p>5 Tuna Egg Noodles Oranges Asparagus Milk</p>	<p>6 Ham Macaroni Noodles Apples Mixed Veggies Milk</p>
<p>7 Chicken Nuggets (CN) French Bread Strawberries Sweet Potato Fries Milk</p>	<p>8 Beef Franks Hot Dog Buns Kiwi Baked Beans Milk</p>	<p>10 Beef Ground(Tacos) Flour Tortillas Apples Tossed Salad Milk</p>	<p>11 Tuna Whole Grain Bread Lettuce and Tomato Peaches Milk</p>	<p>12 Ham Whole Grain Bread Raw Veggie Plate Pears Milk</p>
<p>13 Ground Turkey/Cheese Pizza Crust Green Salad Tomato Sauce Milk</p>	<p>14 Chicken Breaded (homemade)) White Rice Peaches Peas and Carrots Milk</p>	<p>15 Fish Sticks (CN) Rolls Baked Sweet Potato Fries Cole Slaw Milk</p>	<p>16 Turkey Lunchmeat (High fat, no more than 2x per week) Rolls Broccoli Grapes Milk</p>	<p>17 Cheddar Cheese White Bread Broccoli Apples Milk</p>
<p>18 Egg Whole Grain Wheat Bread Hash Browns Tomatoes, Fresh Milk</p>	<p>20 Tuna Noodles Green Salad Applesauce Milk</p>	<p>21 Chicken Breasts Chow Mein Noodles Mixed Vegetable Oranges Milk</p>	<p>22 Ham Macaroni Noodles Peas and Carrots Apples Milk</p>	<p>23 Beef Ground Spaghetti Noodles Green Salad Fruit Plate Milk</p>

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<p>24 Turkey Lunchmeat(High fat, no more than 2x per week) Whole Grain Bread Corn on the cob Grapes Milk</p>	<p>25 Stew Meat-Chicken Egg Noodles Peas and Carrots Watermelon Milk</p>	<p>26 Chicken Breasts Pie Crust, Meat Pies Only Potatoes Green Salad Milk</p>	<p>27 Chili Beans Whole Grain Tortilla Chips Green Salad Strawberries Milk</p>	<p>28 Peanut Butter and Cheese Whole Grain Bread Broccoli Carrots Milk</p>
<p>30 Beef Lunchmeat (High fat, no more than 2x per week) Bagel Mixed Vegetables Lettuce and Tomato Milk</p>	<p>31 Clams & Cheese Italian Bread Potatoes Raw Veggie Plate Milk</p>	<p>32 Cheddar Cheese Macaroni Noodles Green Beans Nectarines Milk</p>	<p>33 Split Pea Soup Cornbread/ Corn Muffin Cucumbers Oranges Milk</p>	<p>34 Salmon Quinoa Tomatoes Mixed Vegetables Milk</p>
<p>35 Fish Breaded (CN) Wild Rice Green Beans Grapes Milk</p>	<p>36 Mozzarella Cheese Lasagna Noodles Tomato Sauce Green Peas Milk</p>	<p>37 Egg Omelet Pancake Peppers, onions, tomatoes, spinach Milk</p>	<p>38 Peanut Butter & Yogurt 100% Whole Wheat Bread Carrots Apples Milk</p>	<p>40 Chicken Breasts Quinoa Pineapple Green Peas Milk</p>
<p>41 Beef Ground Hamburger Buns Green Beans French Fries Milk</p>	<p>42 Cheddar Cheese Whole Grain Bread Apples Potato Wedges Milk</p>	<p>43 Stew Meat-Beef Roll Peaches Mixed Vegetables Milk</p>	<p>44 Stew Meat-Beef Dumplings Mixed Vegetables Bananas Milk</p>	<p>45 Pulled Pork Rolls Green Beans Tangerines Milk</p>

LUNCH/ DINNER MENU

<p>46 Chicken Pizza Crust Tomato Sauce Green Salad Milk</p>	<p>47 Pork Chops/ Cutlet Brown Rice Asparagus Applesauce Milk</p>	<p>48 Beef Meatballs (HM or CN) Italian Bread Sweet Potato/ Yams Asparagus Milk</p>	<p>50 Egg Biscuits Hash Browns Kiwi Milk</p>	<p>51 Chicken Breasts Stuffing/ Dressing Sweet Potato/ Yams Spinach Milk</p>
<p>52 Fish Sticks (homemade) Quinoa Carrots Green Salad Milk</p>	<p>53 Turkey Roast Rolls Green Salad Mashed potatoes Milk</p>	<p>54 Chicken Breasts Brown Rice Spinach Carrots Milk</p>	<p>55 Cheese Flour Tortillas Pinto Beans Applesauce Milk</p>	<p>56 Beef Ground Lasagna Noodles Peaches Green Beans Milk</p>
<p>57 Chicken Stix (CN) Rolls Raw Veggie Plate Potatoes Milk</p>	<p>58 Salisbury Steak Croissant Baked Potatoes Asparagus Milk</p>	<p>60 Fish Sticks (homemade) Roll Broccoli Strawberries Milk</p>	<p>61 Salmon Macaroni Noodles Green Beans Mandarin Oranges Milk</p>	<p>62 Chicken Breasts White Rice Green Salad Mandarin Oranges Milk</p>
<p>63 Shrimp White Rice Broccoli Pears Milk</p>	<p>64 Chicken Breasts Hamburger Bun Sweet Potato/ Yams Cole Slaw Milk</p>	<p>65 Beef Ground Egg Noodles Broccoli Carrots Milk</p>	<p>66 Shrimp Noodles Mixed Vegetable Cantaloupe Milk</p>	<p>67 Beans Cornbread/Corn Muffin Green Salad Peaches Milk</p>

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<p>68 Colby-Jack Cheese Flour Tortillas Corn Kiwi Milk</p>	<p>70 Beef Ground Rolls Potatoes Broccoli & Cauliflower Milk</p>	<p>71 Chicken Breasts Rolls Strawberries Spinach Milk</p>	<p>72 Pork Chops/ Cutlet Rolls Baked Beans Green Salad Milk</p>	<p>73 Black Beans White Rice Mixed Vegetables Pears Milk</p>
<p>74 Tuna Whole Wheat Bread Green Salad Tangerines Milk</p>	<p>75 Beef Franks (homemade corn dog) Cornbread/ Corn Muffins French Fries Fruit Salad Milk</p>	<p>76 Pinto Beans Spanish Rice Mixed Vegetables Green Salad Milk</p>	<p>77 Pork Roast Wild Rice Blueberries Green Peas Milk</p>	<p>78 Beef Franks Hot Dog Buns Green Beans Fruit Cocktail Milk</p>
<p>80 Beef Ground Fry Bread Pinto Beans Kiwi Milk</p>	<p>81 Turkey Roast Stuffing/ Dressing (HM) Potatoes Asparagus Milk</p>	<p>82 Chicken Breasts Stuffing/ Dressing (HM) Potatoes Broccoli Milk</p>	<p>83 Roast Beef Rolls Cauliflower English Peas Milk</p>	<p>84 Ham Cornbread/ Corn Muffins Spinach Apricots Milk</p>
<p>85 Colby-Jack Cheese Pizza Crust Green Salad Apples Milk</p>	<p>86 Sausage-Pork Waffles Hash Browns Kiwi Milk</p>	<p>87 Beef Ground Hamburger Buns Scalloped Potatoes Broccoli Milk</p>	<p>88 Roast Beef Sourdough Bread Peppers Honeydew Melon Milk</p>	<p>100 Chicken Stuffing/ Dressing (HM) Green Peas Sweet Potato/ Yams Milk</p>

<p>101 Ground beef Noodles Red/kidney beans Cantaloupe Milk ‘ (Make minestrone soup with this one)</p>	<p>102 Chicken Breasts Chow Mein Noodles Cabbage Oranges Milk (Make Chicken low mein with this menu)</p>	<p>103 Egg Flour Tortillas Hash Browns Blueberries Milk (make breakfast burritos with this menu)</p>	<p>104 Cheddar Cheese Pita Bread Mixed Veggies Fruit Salad Milk</p>	<p>105 Chicken breasts Corn bread Great Northern Beans Honeydew Melon Milk (Make white chicken chili with this menu)</p>
<p>106 Ham Brown Rice Snow Peas Pineapple Milk (This could be sweet and sour pork)</p>	<p>107 Ham Rolls Potatoes Watermelon Milk (This could be made into corn chowder, just add corn)</p>	<p>108 Chicken Breast Flour Tortillas Green Peppers/tomatoes Watermelon Milk (This could be enchiladas)</p>	<p>110 Ground Turkey Lasagna Noodles Spinach Fruit Plate Milk</p>	<p>111 Cheddar cheese Rolls Broccoli Tangerines Milk (Use this to make broccoli Cheddar soup, you could add cauliflower)</p>
<p>112 Meat Loaf Rolls Mashed potatoes Green beans Milk</p>	<p>113 Tofu or Ham Brown Rice Peas Oranges Milk (This could be a stir fry)</p>	<p>114 Yogurt Waffles Hashbrowns Strawberries Milk</p>		
<p>Remember: You will need to serve ½ cup vegetable and ¼ cup fruit for school age children 4 oz. of yogurt =1 oz. of meat alternate and no more than 23 grams of sugar per ounce</p>				

