

MOUND

SEPTEMBER 2019

Lunch Calendar

Lunch Meal Pattern - 9th - 12th

Select a minimum of 3 components

1 meat/ meat alternative = 2oz

--lean meat, poultry, alternative protein, cheese, egg, nut butter, yogurt

1 Vegetable = 1 cup

1 Fruit = 1 cup

--fruit/juice

1 whole grain rich (WG) selection (s) = 2 oz

--bread, biscuit, roll, pasta, noodle, grain

1 milk = 1 cup

--fluid milk

Menu is subject to change without notice



This institution is an equal opportunity provider.

Mon	Tue	Wed	Thu	Fri
2 LABOR DAY HOLIDAY NO SCHOOL	3 Taco Salad Turkey/Cheese-2oz Romaine Salad 100% Juice-1/2c Cherry Applesauce-1/2c Milk-1c	4 Hotdog Bar-2oz Wg Bun-2oz Baked Beans-1c Sliced Peaches -1c Milk-1c	5 Chili Spaghetti Wg Pasta2oz Green Beans-1c Banana-1c Milk-1c	6 Cheese Pizza-3oz Carrots-1c FF Ranch-1oz Apple-1c Juice 1/2c Milk-1c
9 Hamburger-2oz Wg Bun-2oz Baked Beans-1c 100% Juice-1/2c Applesauce cup-1/2c Milk 1c	10 Spicy Chicken Nachos -2oz Tortilla Chips-2oz Salsa-1/4c Romaine Salad-2c Banana-1c Milk-1c	11 BBQ Meatball Hoagie- Wg Bun-2oz Broccoli Salad-1c Pineapple Chunks- 100% Fruit Juice 1/2c each Milk-1c	12 Chef Salad Turkey/Cheese-3oz Wg Crackers-2oz Romaine Salad-2c Apple-1c Milk-1c	13 Cheese Pizza-3oz Carrots-1c FF Ranch-1oz Apple-1c Juice 1/2c Milk-1c
16 Two Minute Lasagna Turkey/Wg Pasta-2oz Romaine Salad-2c Mandarin Oranges-1c Milk-1c	17 Chicken Bowl Cilantro Rice-2oz Black Beans, Corn-1c Tortilla Chips-2oz Banana-1c Milk-1c	18 Cheesesteak Hoagie Wg Bun-2oz Mashed Potatoes-1c Pineapple Chunks- 100% Fruit Juice 1/2c each	19 Sloppy Joes-2oz Wg Bun-2oz Cole Slaw-1c Mixed Fruit-1c Milk-1c	20 Cheese Pizza-3oz Carrots-1c FF Ranch-1oz Apple-1c Juice 1/2c Milk-1c
23 Hamburger-2oz Wg Bun-2oz Baked Beans-1c Sliced Pears-1c Milk 1c	24 Santa Fe Wrap Chicken/Cheese Wg Tortilla-2oz Corn-1c Salsa-1/4c/Banana-1c Tortilla Chips-1oz Milk-1c	25 Chef Salad Turkey/Cheese-3oz Wg Crackers-2oz Romaine Salad-2c Apple-1c Milk-1c	26 Chicken Sandwich-2oz Wg Bun-2oz Strawberry Broccoli Salad 100% Juice Milk-1c	27 Cheese Pizza3oz Carrots-1c RF Ranch-1oz Plum-1c Juice 1/2c Milk-1c CC Oatmeal Cookie 1oz
30 Chicken Philly Wg Hoagie Bun-2oz Mashed Potatoes-1c Applesauce-1c Milk-1c				