

Daily Special Meals Inclusive ~ SAVE THIS

Since there is not enough room on the in4lunch form to show what our meals include, please keep this taped inside a cupboard door to refer to when filling out your child's lunch form. We meet all the Federal Lunch program standard's and more.

- **1% White Milk or 1% Chocolate Milk** is served with every meal
- **Salad & fresh fruit offered most days** in addition to veggies& fruit included on menu.
- **If substitutions happen** they will be within the same food group.
- **Extra Grains are offered 3 times a week & will be adjusted to each weeks menu** ~ breakfast bar w/fruit, bread and butter, or WG (whole grain) Pepperidge farm fish crackers.
- **I like to try different veggies, but the kids seem to prefer raw carrot sticks, broccoli or salad with dressing.**
This leads to better eating habits and less waste.

Meatball Sub	Chicken & gravy	Pizza	Chicken nuggets meal
applesauce or canned fruit Broccoli or Carrot Sticks * as above	Mashed & veggie WG Sliced bread & butter *	Pizza cheese or pepperoni WG Fish crackers pudding, gogurt or yogurt Carrot sticks *	Veggie & approved fries canned fruit or applesauce *as above
Fish Sticks Meal	Teriyaki beef Meal	Stuffed Baked Potato	Shepherd Pie
Pineapple Corn *	noodles & peas Applesauce or canned fruit *	Hot cheese gogurt Broccoli & fixing's *	Mashed & corn applesauce or canned fruit *
French Toast Sticks or Pancake Meal	Pizza Bagel	Taco (beef) or Quesadilla (Chicken)	Homemade Chunky Chicken Noodle w/veggie soup
Whole grain French toast or pancakes W/ sausage Applesauce or canned fruit * as above	4" pizza bagel Gogurt Carrot sticks or Broccoli *	1 taco w/ beef and cheese/fixings, Or 1 chicken & cheese quesadilla Applesauce or canned fruit Shredded lettuce & taco sauce *	Wg fish crackers, soup crackers or bread Carrot stks, applesauce or canned fruit * as above
Meatloaf Meal	American Chop Suey	Mac & Cheese or Plain Pasta w/butter & cheese	Stuffed Shells
Homemade meatloaf w/mashed & peas & gravy Canned fruit or applesauce * as above	Pasta, heavy w/ground beef in spaghetti sauce Whole grain bread & butter Carrots or broccoli & Gogurt *	Kraft Mac & Cheese Yogurt Applesauce or canned fruit Carrots or Broccoli *	Whole Grain bread & butter gogurt Salad/carrot * as above
Grilled Cheese Meal W/ Whole grain bread	BBQ pork sandwich	Cheeseburger Meal	Pasta with meatballs
Canned fruit or applesauce Carrot sticks or broccoli * as above	Pork rib shape sandwich w/BBQ sauce on roll apples, pickles Lettuce, carrots *	Hamburger or Cheeseburger on a bun Canned fruit or applesauce Lettuce/ pickles/ carrots sticks	Ziti pasta & meatballs Whole Grain bread & butter Fruit cup carrot sticks or broccoli * as above
Chicken Patty Sandwich	Veggie burger or Chipotle Black Bean Burger as 2nd or 3rd choice	Campbell's soup as 3rd choice	Spaghetti o's Or Fresh fruit plate as 3rd choice
Bun w/ lettuce & pickles Applesauce or canned fruit carrot sticks or broccoli * as above	On a roll Comes with whatever sides are available with the special of the day *	W/ gogurt Comes with whatever sides are available with the special of the day *	W/ yogurt or pudding Comes with whatever sides are available w/the special of the day * as above

Alternate meals that are listed on the student in4lunch form as 2nd or 3rd choice are also balanced per the federal lunch program. All items listed above excluding the entree are offered with the alternates. Spaghetti meals and chicken soup meals automatically include yogurt or gogurt for the additional protein.