



LUNCH Menu

August-December 2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Hamburger Fries Vegetables Fruit Milk	Tamales Veggie Beans Fruit Milk	Smucker's PB&J Carrots Fruit Milk	Chicken Sandwich Chips Corn Milk	<i>Cooks Choice</i>
2	Hamburger Fries Vegetables Fruit Milk	Tamales Veggie Beans Fruit Milk	Smucker's PB&J Carrots Fruit Milk	Chicken Sandwich Chips Corn Milk	Hotdog Celery and Peanut Butter Peaches Milk
3	Hamburger Fries Vegetables Fruit Milk	Tamales Veggie Beans Fruit Milk	Smucker's PB&J Carrots Fruit Milk	Chicken Sandwich Chips Corn Milk	<i>Cooks Choice</i>
4	Hamburger Fries Vegetables Fruit Milk	Tamales Veggie Beans Fruit Milk	Smucker's PB&J Carrots Fruit Milk	Chicken Sandwich Chips Corn Milk	Corndog Broccoli Frozen Fruit Cup Milk

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built. ² Menu is subject to change. Nutritional information available upon request. The USDA is an equal opportunity Provider and employer.

August 2021						
S	M	T	W	T	F	S
		3	4	5	1	2
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Week 1 Meal Plan

September 2021				
S	M	T	T	S
			2	4
5	6	7	9	11
12	13	14	16	18
19	20	21	23	25
26	27	28	30	

Week 2 Meal Plan

October 2021						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Week 3 Meal Plan

November 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Week 4 Meal Plan

December 2021						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	