

SEPTEMBER | 2021



MEHP Primary Grade Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p> <p>Whole Grain Beaded Fish Sticks/ Diced Peaches /Steamed Diced Carrot / Whole Grain Roll / Milk 1 cup</p>	<p>31</p> <p>Whole Grain Cheese Pizza/Pinto Beans / Diced Pears/ Milk 1 cup</p>	<p>1</p> <p>WGR Chicken Biscuit/ Diced Mango /Asparagus / Whole Grain Roll /Milk 1 cup</p>	<p>2</p> <p>Sloppy Joe on Whole Grain Hamburger Bun/ Mashed Potatoes / Mandarin Oranges/ Milk 1 cup</p>	<p>3</p> <p>WGR Chicken Corn Dogs Sweet Potato Fries Fresh Apple Garden Salad Milk 1 cup</p>
<p>6</p> <p>School Closed- Labor Day</p>	<p>7</p> <p>Whole Grain Cheese Pizza/ Pinto Beans / Diced Pears/ Milk 1 cup</p>	<p>8</p> <p>Oven Baked Fish Filet Deluxe Mac N Cheese WGR Breadstick Fresh Apple Garden Salad Milk 1 cup</p>	<p>9</p> <p>Grilled Cheese Sandwich (2 oz. Whole Grain and 2 oz. Protein)/ Green Peas / Fresh Banana / Milk 1 cup</p>	<p>10</p> <p>100% Beef Hamburger Patty/ Whole Grain Hamburger Bun/French Fries / Spinach and Tomato Slices/ Mandarin Oranges/ Milk 1 cup</p>
<p>13</p> <p>Whole Grain Breaded Chicken Bites or Nuggets/ French Style Green Beans / Mixed Fruit/ Brown Rice/ Milk 1 cup</p>	<p>14</p> <p>Tangerine Chicken/ Fried Rice/ Stir-Fry Vegetables/ Pears/ Milk 1 cup</p>	<p>15</p> <p>Lasagna/ Whole Grain Roll/ Steamed Broccoli/ Diced Peaches / Milk 1 cup</p>	<p>16</p> <p>WGR Chicken Quesadilla Salsa Cup Pineapple Chunks Garden Salad WGR Tortilla Chips Milk 1 cup</p>	<p>17</p> <p>Cheeseburger on WGR Bun Potato Wedges Fruit Salad Garden Salad Milk 1 cup</p>
<p>20</p> <p>Whole Grain Beaded Fish Sticks 4 sticks 2 oz./ Diced Peaches ¼ cup /Steamed Diced Carrots ¼ cup / Whole Grain Roll 1 oz. / Milk 1 cup</p>	<p>21</p> <p>Whole Grain Cheese Pizza/Pinto Beans / Diced Pears/ Milk 1 cup</p>	<p>22</p> <p>WGR Chicken Biscuit/ Diced Mango /Asparagus / Whole Grain Roll /Milk 1 cup</p>	<p>23</p> <p>Sloppy Joe on Whole Grain Hamburger Bun/ Mashed Potatoes / Mandarin Oranges/ Milk 1 cup</p>	<p>24</p> <p>WGR Chicken Corn Dogs Sweet Potato Fries Fresh Apple Garden Salad Milk 1 cup</p>
<p>27</p> <p>Oven Baked Chicken/ Diced Carrots/ Peaches/ Brown Rice/Milk 1 cup</p>	<p>28</p> <p>Beef Tacos/ Refried Beans / Mandarin Oranges/ Taco Trimmings/ Milk 1 cup</p>	<p>29</p> <p>Oven Baked Fish Filet Deluxe Mac N Cheese WGR Breadstick Fresh Apple Garden Salad Milk 1 cup</p>	<p>30</p> <p>Grilled Cheese Sandwich (2 oz. Whole Grain and 2 oz. Protein)/ Green Peas / Fresh Banana / Milk 1 cup</p>	<p>1</p> <p>100% Beef Hamburger Patty/ Whole Grain Hamburger Bun/French Fries / Spinach and Tomato Slices/ Mandarin Oranges/ Milk 1 cup</p>

News

Lunch Includes:

- Choice of 1 Entrée (includes meat/ meat alternative & grain)
- Choice of up to 2 vegetables *
- Choice of up to 2 fruits *
- Choice of Low-Fat, Fat-Free, or Lactose-Free Milk

*A lunch must include ½ cup of fruit or vegetable and 2 full other components

*Middle school students receive a maximum of 1 fruit with their lunch

Other Daily Lunch Entrée Options:

- Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Sun Chips, Celery, & Ranch
- Hummus, Whole Grain Chocolate Elf Grahams, Whole Grain Pretzels, Carrots, & Ranch