

SEPTEMBER | 2021



MEHP K-5th Grade Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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