

Middle/Jr Lunch October 2019

| | | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday |
|--------------------|----------------|------------|---|--|--|--|---|--|---|----------------------|---|
| | | | 28 Main Menu | | 29 Main Menu | | 30 Main Menu | | 1 Main Menu | WITH TAKE-OUT OPTION | 2 Both Lines |
| Daily Require | Weekly Require | | | | | | | | | | |
| Meat/MA | 1 M/MA (Min.) | 9 -10 M/MA | | | | | | | Beeef Mack | Hot Dogs | Hamburger |
| Veg Option | | | | | | | | | Peaches | | Apple Slices |
| Fruit | 1/2c | 2 1/2cup | | | | | | | Broccoli 1/2c | Fries Celery sticks | Lettuce |
| Veggie (G) | 3/4c | 1/2c (min) | | | | | | | | | |
| Veggie (R/O) | | 3/4c (min) | | | | | | | | | |
| Veg. (S) | | 1/2c | | | | | | | | | |
| Veg. (O) | | 1/2c | | | | | | | | | |
| Legume (B) | | 1/2c | | | | | | | | | |
| WG Bread (W) Bread | 1 B/G (Min.) | 8-10 B/G | | | | | | | Garlic Bread | Bun | Bun Fries |
| Milk | 8oz | | | | | | | | Milk | | Milk |
| Extras | | | | | | | | | Ketchup/Mustard | | Ketchup/mayo |
| Week 1 | | | 5 Main Menu | | 6 Main Menu | | 7 Main Menu | | 8 Main Menu | | 9 Both Lines |
| Meat/MA | 1 M/MA (Min.) | 9 -10 M/MA | Chicken Tender(2M/MA, 1.25B/G) | | Tacos, Beef (2M/MA) OR | | Fettuccini (2M/MA) | | Catfish (2M/MA) | Pulled Pork (2M/MA) | Offer Choices Pizza (2M/MA) |
| Veg Option | | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option |
| Fruit | 1/2c | 2 1/2cup | Peaches and Apples (1/2c) | | Pears (1/2c) | | Applesauce and Honeydew/Cantaloupe (1/2c) | | Mixed Fruit (1/2c) | | Bananas (1/2c) |
| Veggie (G) | 3/4c | 1/2c (min) | Salad(1/2c=1/4c) | | GreenLeaf Lettuce (1/2c = 1/4c) | | Broccoli Florets (1/4c) | | Potato Salad(1/2c) | | Broccoli Florets (1/2c) |
| Veggie (R/O) | | 3/4c (min) | Mashed Potatoes (1/2c) w/ gravy | | Regular Fries (3/4c) | | Carrot, raw OR Slices, fz. (1/2c) | | Regular Fries (3/4c) | | Marinara Sauce (1/4c.) |
| Veg. (S) | | 1/2c | | | | | | | | | |
| Veg. (O) | | 1/2c | | | | | | | | | |
| Legume (B) | | 1/2c | | | Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c) | | | | | | |
| WG Bread (W) Bread | 1 B/G (Min.) | 8-10 B/G | Roll (2B/G) | | Bun, Purchased (2B/G) | | Garlic Breadstick (1B/G) Pasta (1/2c =1B/G) | | Bun, Purchased (2B/G) | | Pizza (2B/G) |
| Milk | 8oz | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate |
| Extras | | | | | Sour Cream and Jalapenos | | Cookie | | Tartar Sauce | | |
| Week 2 | | | 12 Main Menu | | 13 Main Menu | | 14 Main Menu | | 15 Main Menu | | 16 Both Lines |
| Meat/MA | 1 M/MA (Min.) | 9 -10 M/MA | Sweet & Sour Chicken (2M/MA) | | Fajita (2M/MA) | | Meat Sauce (2M/MA) | | Chicken (2 M/MA) BBQ, Roasted, | Hot Dog (2M/MA) | Hamburger (2M/MA) OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice |
| Veg Option | | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option |
| Fruit | 1/2c | 2 1/2cup | Pear and Oranges (1/2c) | | Peaches and Kiwi (1/2c) | | Pineapple (1/2c) | | Southern Baked Apples & Watermelon (1/2c) | | Raisins/Cran (1/4=1/2c) |
| Veggie (G) | 3/4c | 1/2c (min) | Broccoli Florets (1/4c) | | Greenleaf lettuce (1/2c = 1/4c) | | Meat sauce (1/2c) | | Greenleaf lettuce (1/2c = 1/4c) | | Green Leaf (1/2c = 1/4c) |
| Veggie (R/O) | | 3/4c (min) | Steamed Carrots (1/2c) | | Regular Fries (3/4c) | | Yogurt & Breezy - Carrots (1/4c) | | Regular Fries (3/4c) | | Tomato, sliced(1/4c) |
| Veg. (S) | | 1/2c | | | | | | | | | Fries or Tots(3/4c) |
| Veg. (O) | | 1/2c | | | | | | | | | Fries or Tots(3/4c) |
| Legume (B) | | 1/2c | | | Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c) | | | | Baked Beans (1/2c=1/4c) | | |
| WG Bread (W) Bread | 1 B/G (Min.) | 8-10 B/G | Breadstick (1B/G) Rice (1/2c=1B) | | Bun, Purchased (2B/G) | | French Bread (1B/G) Spaghetti, (1/2c =1B/G) | | Bun, Purchased (2B/G) | | Bun, Purchased (2B/G) |
| Milk | 8oz | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate |
| Extras | | | | | Sour Cream and Jalapenos | | Parmesan cheese | | | | Cupcake or Cake |
| Week 3 | | | 19 Main Menu | | 20 Main Menu | | 21 Main Menu | | 22 Main Menu | | 23 Both Lines |
| Meat/MA | 1 M/MA (Min.) | 9 -10 M/MA | Chicken Tender(2M/MA, 1.25B/G) | | Tacos, Beef (2M/MA) | | Hamburger (2M/MA) OR Cheeseburger (2M/MA) | | Meatball Sub (2M/MA) | WG Pizza (2M/MA) | Chicken Patty (2M/MA) Breaded, Spicy, or Grilled Offer Additional Sandwich Choice |
| Veg Option | | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option |
| Fruit | 1/2c | 2 1/2cup | Pineapples and Apples (1/2c) | | Applesauce (1/2c) | | Mixed Fruit and Grapes (1/2c) | | Pears (1/2c) | | Bananas (1/2c) |
| Veggie (G) | 3/4c | 1/2c (min) | Greenleaf lettuce (1/2c = 1/4c) | | Greenleaf lettuce (1/2c = 1/4c) | | Greenleaf lettuce (1/2c = 1/4c) | | Salad (1c=1/2c) | | Green Leaf (1/2c = 1/4c) |
| Veggie (R/O) | | 3/4c (min) | Carrots, raw (1/4c) | | Salsa or Tomatoes, diced(1/4c) | | Tomatoes sliced (1/4c) | | Pizza or Bites - Marinara (1/4c) | | Regular Fries (3/4c) |
| Veg. (S) | | 1/2c | Regular Fries (3/4c) | | | | Sweet Potato Casserole (2/3c=1/2c) | | Regular Fries (3/4c) | | |
| Veg. (O) | | 1/2c | | | | | Cauliflower (1/4c) | | Potatoes, Mashed w/Gravy (1/2c) | | |
| Legume (B) | | 1/2c | | | Ranchero Pinto or Fiesta Black Beans (1/2c) | | | | Zucchini & Squash (1/4c) | | |
| WG Bread (W) Bread | 1 B/G (Min.) | 8-10 B/G | Bun, Purchased (2B/G) | | Bun, Purchased (2B/G) | | Sub Roll (2B/G) | | Roll (2 B/G) | | Pizza (2B/G) Cheese Bites (2B/G) |
| Milk | 8oz | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate |
| Extras | | | | | Sour Cream and Jalapenos | | | | Rice Crispy Treat | | |

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| Week 4 | Daily Requir | Weekly Require | 26 Main Menu | With Take-Out Option | 27 Main Menu | With Take-Out Option | 28 Main Menu | With Take-Out Option | 29 Main Menu | With Take-Out Option | 30 Both Lines |
|--------------|---------------|----------------|---|---------------------------------|---|---------------------------------|---|---------------------------------|--|---------------------------------|--|
| Meat/MA | 1 M/MA (Min.) | 9-10 m/ma | Sweet & Sour Chicken (2M/MA) | Chicken Patty (2M/MA) | Gumbo (2M/MA) | Ham & Cheese (2M/MA) | Potato Bar Chili w/ 1oz Cheese (2M/MA) | Pork Patty (2M/MA) | Chicken (2 M/MA) Fried | Fish Square (2M/MA) | Hamburger (2M/MA) OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice |
| Veg Option | | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option | | *Vegetarian Option |
| Fruit | 1/2c | 2 1/2 cup | Applesauce and Oranges (1/2c) | | Mixed Fruit (1/2c) | | Peaches and Frozen Fruit Cup (1/2c) | | Pineapple (1/2c) and Fruit Crisp (1/2c=1/4c) | | Raisins/Cran (1/4=1/2c) |
| Veggie (G) | 3/4c | 1/2c (min) | Steamed Broccoli (1/2c) | Greenleaf lettuce (1/2c = 1/4c) | | Greenleaf lettuce (1/2c = 1/4c) | Salad (1/2c = 1/4c) | Greenleaf lettuce (1/2c = 1/4c) | | Greenleaf lettuce (1/2c = 1/4c) | Green Leaf (1/2c = 1/4c) |
| Veggie (R/O) | | 3/4c (min) | Carrots, raw (1/4c) | Regular Fries (3/4c) | Potato Salad (1/2c) | Regular Fries (3/4c) | Baked Sweet Potato (1/2c) | Regular Fries (3/4c) | | Sweet Potato Fries (3/4c) | Tomato, sliced(1/4c) |
| Veg. (S) | | 1/2c | | | Zucchini & Squash (1/4c) | | Baked Potato (1/2c) | | Cole Slaw (1/4) | Regular Fries (3/4c) | Fries or Tots(3/4c) |
| Veg. (O) | | 1/2c | | | | | | | | | |
| Legume (B) | | | | | | | | | Red Beans (3/4c = 1/2c) | | |
| WG Bread (W) | 1 B/G (Min.) | 8-10 B/G | Breadstick (1B/G) | Bun, Purchased (2B/G) | Bread Stick (1B/G) | Panini (2B/G) | Texas Toast (1 B/G) | Bun, Purchased (2B/G) | Biscuit (2B/G) | Bun, Purchased (2B/G) | Bun, Purchased (2B/G) |
| Bread | | | Rice (1/2c=1B) | | Rice (1/2c = 1B/G) | Bun, Purchased (2B/G) | | | Rice (1/2c = 1B/G) | | |
| Milk | 8oz | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate | | Milk Choice: White, Strawberry, Chocolate |
| Extras | | | | | | | Brownie / Sour Cream | Brownie | | Fish - offer tartar | |

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