

Grades 9-12		2023-24 Lunch Cycle Menu		4-Day Meal Pattern			
Day 1		Day 2		Day 3		Day 4	
Week 1	Corn Dog or Corn Dog Minis 2 M/MA / 2 WGR	Nachos Grande 3.25 M/MA / 2 WGR	Asian Bowl Egg Roll 2 M/MA / 2 WGR / 1/2 c VA	Pizza Choice 2 M/MA / 2 WGR	OR		Cheeseburger Macaroni 3 M/MA / 1 WGR Roll 2 WGR
	OR Oven Fried Chicken 2 M/MA / 1 WGR Roll 2 WGR	OR Quesadilla 3 M/MA / 2 WGR or 2 M/MA / 2 WGR	OR Breaded Pork Chop 2 M/MA / .5 WGR Gravy (NC) Roll 2 WGR	OR Salad Entrée Choice	OR Salad Entrée Choice		OR Salad Entrée Choice
	OR Salad Entrée Choice	OR Salad Entrée Choice	OR Salad Entrée Choice	OR Salad Entrée Choice	OR Salad Entrée Choice		OR Salad Entrée Choice
	1/2 c Potatoes 1/2 c Tomato Cup 1/2 c Fruit Cup Milk Variety	1/4 c Salsa 1/2 c Beans 1/2 c Cucumbers 1/2 c Apricots Ice Cream Cup Milk Variety	1/2 c Broccoli 1/2 c Corn 1/2 c Mandarin Oranges Milk Variety	1/2 c Carrots 1/2 c Savory Green Beans 1/2 c Seasonal Fresh Fruit Grain Based Dessert Milk Variety	Daily Entrée Optional choices		Burger Choice 2 or 2.5 M/MA / 2 WGR
Week 2	Burger Choice 2 or 2.5 M/MA / 2 WGR	Hot Sandwich Choice 2 M/MA / 2 WGR	Pizza Choice 2 M/MA / 2 WGR	Texas Basket Choice 2 M/MA / 3 WGR / 1/2 c VS	Must offer daily fruit, vegetable and milk with daily entrée optional choices		Country Fried Steak 2 M/MA / 1 WGR Gravy (NC)
	OR Fish Sticks 2 M/MA / 1.25 WGR	OR Chicken Fajitas 3 M/MA / 2 WGR Spanish Rice 1 WGR	OR Meatball Sub Sandwich 2 M/MA / 2 WGR	OR Hot Dog or Pig in a Blanket 2 M/MA / 2 WGR	OR Salad Entrée Choice		OR Hot Dog or Pig in a Blanket 2 M/MA / 2 WGR 1/2 c Potatoes
	OR Salad Entrée Choice	OR Salad Entrée Choice	OR Salad Entrée Choice	OR Salad Entrée Choice	OR Salad Entrée Choice		OR Salad Entrée Choice
	1/2 c Potatoes Okra (1/2 c VO) Roll 2 WGR 1/2 c Strawberries Milk Variety	1/2 c Beans 1/2 c Carrots 1/4 c Salsa 1/2 c Hot Cinnamon Apples Sherbet/Frozen Yogurt Cup Milk Variety	1 c Garden Salad 1/2 c Savory Green Beans 1/2 c Peaches Grain Based Dessert Milk Variety	1/2 c Tomato Cup 2/3 c Snowball Salad (1/2 c F) Milk Variety	Offered daily for grades 9-12 in addition to daily fruit serving on menu: 1/2 c Fresh Fruit Bowl and/or 1/2 c 100% Fruit Juice		Country Fried Steak 2 M/MA / 1 WGR Gravy (NC)

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Day 1		Day 2		Day 3		Day 4			
Week 3	Enchiladas 2 M/MA / 2 WGR OR Meat & Cheese Chalupas 3 M/MA / 1 WGR Spanish Rice 1 WGR OR Salad Entrée Choice 1/2 c Beans 1/2 c Corn 1/4 c Salsa 1/2 c Orange Smiles 1/2 c Pudding Milk Variety	Chicken Nuggets or Fish 2.75 M/MA / 1.25 WGR or 2 M/MA / 1.25 WGR Mac and Cheese 2 M/MA / 1 WGR OR Asian Bowl Egg Roll 2 M/MA / 2 WGR / 1/2 c VA OR Salad Entrée Choice 1/2 c Carrots 1/2 c Squash 1/2 c Grapes Milk Variety	Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR Chips 1 WGR OR Breaded Mozzarella Sticks 2 M/MA / 2 WGR Marinara Sauce (1/2 c VR) OR Salad Entrée Choice 1/2 c Tomato Cup 1 c Garden Salad 1/2 c Pears Milk Variety	Roast Beef Sandwich or Philly Cheesesteak Sandwich 2 M/MA / 2 WGR OR X-treme Burrito 2 M/MA / 2 WGR OR Salad Entrée Choice 1/2 c Corn 1/2 c Cucumbers 1/2 c Rosy Applesauce Grain Based Dessert Milk Variety	Daily Entrée Optional choices				
	Daily	Burger Choice 2 or 2.5 M/MA / 2 WGR	Hot Sandwich Choice 2 M/MA / 2 WGR	Pizza Choice 2 M/MA / 2 WGR	Tex-Mex Choice 2 M/MA / 2 WGR	Must offer daily fruit, vegetable and milk with daily entrée optional choices			
	Week 4	Breaded Drumstick 2 M/MA / .75 WGR Biscuit 2 WGR OR Chicken Spaghetti 2.25 M/MA / 1 WGR Breadsticks 2 WGR OR Salad Entrée Choice 1 c Garden Salad 1/2 c Sweet Potatoes 1/2 c Seasonal Fresh Fruit Milk Variety	Walking Taco 3 M/MA / 2 WGR OR Frito Pie 3.5 M/MA / 2 WGR OR Salad Entrée Choice 1/2 c Beans 1/2 c Tomatoes 1/2 c Chilled Pineapple Grain Based Dessert Milk Variety	Fiesta Bowl 2.5 M/MA / 2 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL OR Boneless Chicken Wings 2 M/MA / 1 WGR Chips 1 WGR OR Salad Entrée Choice 1/2 c Celery 1/2 c Carrots 1/2 c Mixed Fruit Sherbet/Frozen Yogurt Cup Milk Variety	Chicken Parmesan 2.5 M/MA / 2 WGR / 1/2 c VR Roll 2 WGR OR Steak Fingers 2 M/MA / 1 WGR Gravy (NC) Roll 2 WGR OR Salad Entrée Choice 1/2 c Savory Green Beans 1/2 c Corn 1/2 c Peaches Milk Variety				

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