

Grades K-8

2022-23 Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Corn Dog or Corn Dog Minis 2 M/MA / 2 WGR</p> <p>OR</p> <p>Oven Fried Chicken 2 M/MA / 1 WGR Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Potatoes 1/2 c Tomato Cup</p> <p>1/2 c Fruit Cup</p> <p>Milk Variety</p>	<p>Nachos Grande 2 M/MA / 1 WGR</p> <p>OR</p> <p>Quesadilla 3 M/MA / 2 WGR or 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/4 c Salsa 1/2 c Beans 1/2 c Cucumbers</p> <p>1/2 c Apricots Ice Cream Cup Milk Variety</p>	<p>Crispy or Grilled Chicken Sandwich 2 M/MA / 3 WGR or 2 WGR</p> <p>OR</p> <p>Spaghetti Bowl 2 M/MA / 1 WGR Breadstick 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Fresh Veggie Cup 1 c Garden Salad</p> <p>3/4 c Fruity Gelatin (1/2 c F)</p> <p>Milk Variety</p>	<p>Asian Bowl Egg Roll 2 M/MA / 2 WGR / 1/2 c VA</p> <p>OR</p> <p>Breaded Pork Chop 2 M/MA / .5 WGR Gravy (NC) Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Broccoli 1/2 c Corn</p> <p>1/2 c Mandarin Oranges</p> <p>Milk Variety</p>	<p>Pizza Choice 2 M/MA / 2 WGR</p> <p>OR</p> <p>Cheeseburger Macaroni 3 M/MA / 1 WGR Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Carrots 1/2 c Savory Green Beans</p> <p>1/2 c Seasonal Fresh Fruit Grain Based Dessert Milk Variety</p>
	Daily Entrée Optional choices				
Daily	<p>Burger Choice 2 or 2.5 M/MA / 2 WGR</p>	<p>Hot Sandwich Choice 2 M/MA / 2 WGR</p>	<p>Pizza Choice 2 M/MA / 2 WGR</p>	<p>Tex-Mex Choice 2 M/MA / 2 WGR</p>	<p>Texas Basket Choice 2 M/MA / 3 WGR / 1/2 c VS</p>
Must offer daily fruit, vegetable and milk with daily entrée optional choices					
Week 2	<p>Country Fried Steak 2 M/MA / 1 WGR Gravy (NC)</p> <p>OR</p> <p>Fish Sticks 2 M/MA / 1.25 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Potatoes Okra (1/2 c VO) Roll 2 WGR</p> <p>1/2 c Strawberries</p> <p>Milk Variety</p>	<p>Tex-Mex Stack 3 M/MA / 1 WGR</p> <p>OR</p> <p>Chicken Fajitas 3 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Beans 1/2 c Carrots 1/4 c Salsa</p> <p>1/2 c Hot Cinnamon Apples Sherbet/Frozen Yogurt Cup Milk Variety</p>	<p>Chicken Alfredo 2 M/MA / 1 WGR Breadstick 1 WGR</p> <p>OR</p> <p>Meatball Sub Sandwich 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1 c Garden Salad 1/2 c Savory Green Beans</p> <p>1/2 c Peaches</p> <p>Milk Variety</p>	<p>Ranchero Wrap 2 M/MA / 2 WGR</p> <p>OR</p> <p>Popcorn Chicken 2 M/MA / 1 WGR Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Corn 1/2 c Crunchy Broccoli Salad</p> <p>1/2 c Fresh Apple Slices Grain Based Dessert Milk Variety</p>	<p>Potato Bowl 2 M/MA / 1/2 c VS Roll 2 WGR</p> <p>OR</p> <p>Hot Dog or Pig in a Blanket 2 M/MA / 2 WGR 1/2 c Potatoes</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Tomato Cup</p> <p>2/3 c Snowball Salad (1/2 c F)</p> <p>Milk Variety</p>

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p>Enchiladas 2 M/MA / 2 WGR</p> <p>OR</p> <p>Meat & Cheese Chalupas 3 M/MA / 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Beans 1/2 c Corn 1/4 c Salsa</p> <p>1/2 c Orange Smiles 1/2 c Pudding Milk Variety</p>	<p>Chili Cheese Totchos 2.5 M/MA / 1/2 c VS Grain Choice 2 WGR</p> <p>OR</p> <p>Chicken-n-Waffles 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Fresh Veggie Cup 1/2 c Potatoes</p> <p>1/2 c Strawberries and Bananas Milk Variety</p>	<p>Chicken Nuggets or Fish 2 M/MA / 1 WGR or 2 M/MA / 1.25 WGR</p> <p>Mac and Cheese 1 M/MA / .5 WGR</p> <p>OR</p> <p>Asian Bowl Egg Roll 2 M/MA / 2 WGR / 1/2 c VA</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Carrots 1/2 c Squash</p> <p>1/2 c Grapes Milk Variety</p>	<p>Hamburger/Cheeseburger 2 or 2.5 M/MA / 2 WGR Chips 1 WGR</p> <p>OR</p> <p>Breaded Mozzarella Sticks 2 M/MA / 2 WGR Marinara Sauce (1/2 c VR)</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Tomato Cup 1 c Garden Salad</p> <p>1/2 c Pears Milk Variety</p>	<p>Roast Beef Sandwich or Philly Cheesesteak Sandwich 2 M/MA / 2 WGR</p> <p>OR</p> <p>X-treme Burrito 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Corn 1/2 c Cucumbers</p> <p>1/2 Rosy Applesauce Grain Based Dessert Milk Variety</p>
	Daily Entrée Optional choices				
Daily	<p>Burger Choice 2 or 2.5 M/MA / 2 WGR</p>	<p>Hot Sandwich Choice 2 M/MA / 2 WGR</p>	<p>Pizza Choice 2 M/MA / 2 WGR</p>	<p>Tex-Mex Choice 2 M/MA / 2 WGR</p>	<p>Texas Basket Choice 2 M/MA / 3 WGR / 1/2 c VS</p>
Must offer daily fruit, vegetable and milk with daily entrée optional choices					
Week 4	<p>Breaded Drumstick 2 M/MA / .75 WGR Biscuit 2 WGR</p> <p>OR</p> <p>Chicken Spaghetti 2.25 M/MA / 1 WGR Breadstick 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1 c Garden Salad 1/2 c Tomatoes or Sweet Potatoes</p> <p>1/2 c Seasonal Fresh Fruit Milk Variety</p>	<p>Walking Taco 3 M/MA / 2 WGR</p> <p>OR</p> <p>Frito Pie 2.5 M/MA / 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Beans 1/2 c Fresh Veggie Cup</p> <p>1/2 c Chilled Pineapple Grain Based Dessert Milk Variety</p>	<p>Lasagna 2 M/MA / 1 WGR / 1/8 c VR Breadstick 1 WGR</p> <p>OR</p> <p>Cheesy Breadsticks 2 M/MA / 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Fresh Broccoli Marinara Sauce (1/2 c VR)</p> <p>1/2 c Cinnamon Applesauce Milk Variety</p>	<p>Fiesta Bowl 2.5 M/MA / 2 WGR / 1/4 c VR / 1/4 c VS / 1/4 c VL</p> <p>OR</p> <p>Boneless Chicken Wings 2 M/MA / 1 WGR Chips 1 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Celery 1/2 c Carrots</p> <p>1/2 c Mixed Fruit Sherbet/Frozen Yogurt Cup Milk Variety</p>	<p>Chicken Parmesan 2.5 M/MA / 2 WGR / 1/2 c VR Roll 2 WGR</p> <p>OR</p> <p>Steak Fingers 2 M/MA / 1 WGR Gravy (NC) Roll 2 WGR</p> <p>OR</p> <p>Salad Entrée Choice</p> <p>1/2 c Savory Green Beans 1/2 c Corn</p> <p>1/2 c Peaches Milk Variety</p>