

## 2022-23 Grab-n-Go Cold Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>PreK</b>	<p><b>Nacho Dippers</b> 3 M/MA / 1 WGR</p> <p style="text-align: center;"><b>1/4 c Cucumbers</b></p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p><b>Cold Sandwich/Wrap Choice</b> 2 M/MA / 2 WGR</p> <p style="text-align: center;">1/4 c Fresh Veggie Cup</p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p><b>PBJ Sandwich</b> 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR</p> <p><b>Cheese Stick or Cubes</b> 1 M/MA</p> <p style="text-align: center;">1/4 c Vegetable Choice</p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p><b>Build Your Own Pizza</b> 3 M/MA / 2 WGR / <b>1/2 c VR</b></p> <p style="text-align: center;"><b>1/4 c Broccoli</b></p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p><b>Ham/Turkey &amp; Cheese Stack</b> 2.5 M/MA / 2 WGR</p> <p style="text-align: center;"><b>1/4 c Red Bell Pepper or Tomato Cup</b></p> <p>1/4 c Diced or Sliced Fruit Milk</p>
<b>K-8 and 9-12</b>	<p><b>Nacho Dippers</b> 3 M/MA / 2 WGR</p> <p style="text-align: center;"><b>1/2 c Cucumbers</b></p> <p style="text-align: center;"><b>1/2 c Baby Carrots</b></p> <p style="text-align: center;"><b>1/4 c Salsa</b></p> <p>1/2 c Fruit Grain Based Dessert Milk Variety</p>	<p><b>Cold Sandwich/Wrap Choice</b> 2 M/MA / 2 WGR</p> <p style="text-align: center;"><b>Multigrain Chips</b> 1 WGR</p> <p style="text-align: center;">1/2 c Fresh Veggie Cup</p> <p style="text-align: center;"><b>1/2 c Corn Salad</b></p> <p>1/2 c Fruit Milk Variety</p>	<p><b>PBJ Sandwich</b> 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR</p> <p><b>Cheese Stick or Cubes</b> 1 M/MA</p> <p><b>Goldfish Crackers</b> 1 WGR</p> <p style="text-align: center;"><b>1/2 c Baby Carrots</b></p> <p style="text-align: center;"><b>1/2 c Celery Sticks</b></p> <p>1/2 c Fruit Milk Variety</p>	<p><b>Build Your Own Pizza</b> 3 M/MA / 2 WGR / <b>1/2 c VR</b></p> <p><b>Cheese Stick or Cubes</b> 1 M/MA</p> <p style="text-align: center;"><b>1/2 c Broccoli</b></p> <p style="text-align: center;"><b>1/2 c Corn Salad</b></p> <p>1/2 c Fruit Pudding Cup Milk Variety</p>	<p><b>Ham/Turkey &amp; Cheese Stack</b> 2.5 M/MA / 2 WGR</p> <p style="text-align: center;"><b>1/2 c Red Bell Pepper or Tomato Cup</b></p> <p style="text-align: center;"><b>1/2 c Pinto Bean Salad or Hummus Cup</b></p> <p>1/2 c Fruit Grain Based Dessert Milk Variety</p>
<b>Additional for 9-12</b>	<i>1/2 c 100% Fruit Juice</i>	<i>1/2 c 100% Fruit Juice</i>	<i>1/2 c 100% Fruit Juice</i>	<i>1/2 c 100% Fruit Juice</i>	<i>1/2 c 100% Fruit Juice</i>
<p>This Cold Grab-n-Go Lunch menu is to be used <i>in addition</i> to the Cycle Menu. When used, information should be recorded on the Food Production Record.</p>					