

## 2022-23 Sack Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>PreK</b>	<b>Cold Sandwich/Wrap Choice</b> 2 M/MA / 2 WGR  <b>1/4 c Vegetable Choice</b>  <b>1/4 c Diced or Sliced Fruit</b> Milk	<b>PBJ Sandwich</b> 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR <b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/4 c Vegetable Choice</b>  <b>Animal Crackers</b> 1 WGR  <b>1/4 c Diced or Sliced Fruit</b> Milk	<b>Cold Sandwich/Wrap Choice</b> 2 M/MA / 2 WGR  <b>1/4 c Vegetable Choice</b>  <b>1/4 c Diced or Sliced Fruit</b> Milk	<b>PBJ Sandwich</b> 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR <b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/4 c Vegetable Choice</b>  <b>Goldfish Crackers</b> 1 WGR  <b>1/4 c Diced or Sliced Fruit</b> Milk	<b>Cold Sandwich/Wrap Choice</b> 2 M/MA / 2 WGR  <b>1/4 c Vegetable Choice</b>  <b>1/4 c Diced or Sliced Fruit</b> Milk
<b>K-8 and 9-12</b>	<b>Cold Sandwich/Wrap Choice</b> 2 M/MA / 2 WGR  <b>1/2 c Cucumbers</b>  <b>1/2 c Bean Dip <i>or</i> Baked Beans or Pinto Bean Salad</b>  <b>Tortilla <i>or</i> Corn Chips</b> 1 WGR  <b>1/2 c Fruit</b> Milk Variety	<b>PBJ Sandwich</b> 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR <b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/2 c Baby Carrots</b>  <b>1/2 c Celery Sticks</b>  <b>Animal Crackers</b> 1 WGR  <b>1/2 c Fruit</b> Milk Variety	<b>Cold Sandwich/Wrap Choice</b> 2 M/MA / 2 WGR  <b>1/2 c Tomato Cup</b>  <b>1/2 c Fresh Veggie Cup</b>  <b>Multigrain Chips</b> 1 WGR  <b>1/2 c Fruit</b> Milk Variety	<b>PBJ Sandwich</b> 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR <b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/2 c Baby Carrots</b>  <b>1/2 c Cucumbers</b>  <b>Goldfish Crackers</b> 1 WGR  <b>1/2 c Fruit</b> Milk Variety	<b>Cold Sandwich/Wrap Choice</b> 2 M/MA / 2 WGR  <b>1/2 c Broccoli</b>  <b>1/2 c Corn Salad <i>or</i> Jicama</b>  <b>Tortilla <i>or</i> Corn Chips</b> 1 WGR  <b>1/2 c Fruit</b> Milk Variety
<b>Additional for 9-12</b>	<b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/2 c 100% Fruit Juice</b>	<b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/2 c 100% Fruit Juice</b>	<b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/2 c 100% Fruit Juice</b>	<b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/2 c 100% Fruit Juice</b>	<b>Cheese Stick <i>or</i> Cubes</b> 1 M/MA  <b>1/2 c 100% Fruit Juice</b>

This Sack Lunch menu is to be used *in addition* to the Cycle Menu.  
When used, information should be recorded on the Food Production Record.