

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

**1 meat/ meat alternative** = 1oz

--lean meat, poultry, alternative protein,  
cheese, egg, nut butter, yogurt

**1 Vegetable** =3/4 cup

**1 Fruit** = 1/2cup

--fruit/juice

**1 whole grain rich (WG) selection (s)** =  
1oz

--bread, biscuit, roll, pasta, noodle, grain

**1 milk** = 1 cup

--fluid milk

**Menu is subject to change  
without notice**



**This institution is an  
equal opportunity  
provider.**

# OCTOBER 2022

## Lunch Calendar

**Northside**

Mon	Tue	Wed	Thu	Fri
3 Orange Chicken Brown Rice Dragon Juice/Milk Applesauce Cup	4 Beef Nachos Tortilla Chips Cheese/Salsa Romaine Salad Pluot Milk	5 Cheese Coney Wg Bun Tater Tots Apple Juice Mix Milk	6 Cheese Pizza Carrots Garlic Hummus Fruit Punch Milk	7 NO SCHOOL
10 Hamburger Wg Bun Baked Beans Fresh Pear Milk	11 Chicken Taco Wg Tortilla Shell Cheese/Salsa Corn Banana Milk	12 Penne Alfredo w/Chicken Broccoli Sliced Peaches Milk	13 Turkey Wrap Turkey Salami, Turkey Ham, Turkey Pepperoni/Cheese Wg Tortilla/Apple Hummus/Milk Cauliflower Bites	14 Cheese Pizza Carrot Coins Fruit Punch Milk
17 Turkey Sandwich Wg Bun Carrots Fruit Punch	18 Chicken Nachos Tortilla Chips Cheese/Salsa Broccoli Apple Milk	19 Cheeseburger Wg Bun Baked Beans Orange Smiles Milk	20 <b>Chicken &amp; Waffles</b> Mini Waffles Popcorn Chicken Potato Rounds Apple Juice Milk	21 Cheese Pizza Celery Bites Mango Sidekick Milk
24 Johnny Marzetti w/Meat Sauce Green Beans Fruit Punch Milk	25 Chicken/Cheese Crispitos Spicy Refried Dip Tortilla Chips Banana Milk	26 Chicken Patty Wg Bun Broccoli w/Cheese Applesauce Cup Milk	27 Cheese Pizza Carrot Coins Fruit Punch Milk	28 NO SCHOOL
31 Turkey Sandwich Carrots Apple Cherry Juice Milk				