

Lunch Meal Pattern - K- 8th

Select a minimum of 3 components

meat/ meat alternative =

minimum 1oz daily

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

Vegetable = minimum 3/4 cup daily

Fruit = minimum 1/2cup daily

--fruit/juice

whole grain rich (WG) selection (s) =

minimum 1oz daily

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

1 milk = 1 cup

--fluid milk

1% and 1% chocolate served daily

*Fresh Carrots,
offered daily*

**Menu is subject to change
based on product availability**



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

FEBRUARY 2024 NORTHSIDE Lunch Calendar

Mon	Tue	Wed	Thu	Fri
			1 Chicken Nuggets Wg Tortilla Romaine Salad Applesauce Cup	2 No School
5 Turkey Sandwich Wg Bun/Cheese Cucumber Slices Pineapple Tidbits	6 Totchos Beef Taco/Tater Tots/Queso Blanco Romaine Salad Banana	7 Brunch 4 Lunch- Chicken & Waffles Mashed Potatoes Apple Juice	8 Hamburger Wg Bun/Cheese Baked Beans Apple	9 Cheese Pizza Baby Carrots Apple Cherry Juice Wg Snack National Pizza Day
12 No School 	13 Beef Calzone Steamed Corn Tortilla Chips Banana	14 Chicken Patty Wg Bun Green Beans Sliced Oranges 	15 Cheese Pizza Romaine Salad Apple **Ice Cream**	16 Turkey Sandwich Broccoli Fruit Punch Wg Snack
19 No School 	20 Chicken Taco Wg Tortilla Pinto Beans Salsa/Tortilla Chips Romaine Salad Apple	21 Hamburger Wg Bun Steamed Corn Pickles/Tomatoes Fruit Punch	22 Oven Fried Chicken Wg Dinner Roll Mashed Potatoes Blue Raspberry Applesauce	23 Cheese Pizza Celery Sticks 100% Fruit Punch Cheez-its
26 Turkey Sandwich Wg Bun/Cheese Fresh Cucumber Apple Juice	27 Walkin Beef Taco Tortilla Chips Romaine Salad Banana	28 Cheesy Bread w/ Marinara Sauce Steamed Corn Apple Slices	29 Meatballs & Mac Fresh Broccoli Applesauce Cup	