

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.**

**January 2024****Northside Prep****Lunch Calendar**

Mon	Tue	Wed	Thu	Fri
1 No School 	2 No School	3 BBQ Meatballs Wg Hoagie Bun Sweet Potato Fries Mixed Fruit	4 Turkey Corndog Steamed Corn Applesauce Cup	5 Cheese Pizza Baby Carrots RF Chips 100% Fruit Punch
8 Turkey Sandwich Wg Bun/Cheese Cucumber Slices 100% Fruit Punch	9 Chicken Crispito Tortilla Chips Romaine Salad Black Beans Banana GoGurt	10 <b>Brunch 4 Lunch</b> Turkey Sausage Mini Pancakes Potato Rounds Apple Slices	11 Chicken Broccoli Bowl/Wg Pasta Popcorn Chicken Steamed Broccoli Diced Peaches	12 Cheese Pizza Baby Carrots Apple Cherry Juice Wg Snack
15 No School 	16 Chicken Taco Wg Tortilla Cheese/Salsa Corn/Fiesta Beans Tortilla Chips Apple	17 Sweet & Sour Chicken Nuggets Green Beans Cheddar Goldfish Sliced Oranges	18 BBQ Meatballs Wg Hoagie Bun Sweet Potato Fries Fruit Punch	19 Cheese Pizza Apple Slices Caramel Cup Romaine Salad
22 Turkey Italian Wrap Baby Carrots Mango Sidekicks	23 Spicy Beef Nachos Salsa/Tortilla Chips Romaine Salad Banana	24 Chicken Patty Wg Bun Mashed Potatoes Diced Pears	25 Beef Hotdog Wg Bun Baked Beans Blue Raspberry Applesauce	26 Cheese Pizza Sliced Cucumbers 100% Fruit Punch Cheez-its
29 Turkey Sandwich Wg Bun/Cheese Fresh Broccoli Apple Cherry Juice	30 Chicken/Cheese Quesadilla Black Beans Banana	31 Chicken Philly Wg Bun French Fries Apple Slices		