

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 1/2 cup 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.**

APRIL 2024

NORTHSIDE

Lunch Calendar

| | Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|--|--|
| | 1 Turkey Corn Dogs Steamed Corn Apple Juice | 2 <u>Beef Calzone</u> Tortilla Chips Romaine Salad Applesauce Cup | 3 BBQ Meatballs Wg Hoagie Bun Baked Beans Banana | 4 ABC-123 Chicken Nuggets Broccoli w/Cheese Apple Slices <u>Caramel Cup</u> | 5 Cheese Pizza Celery Sticks Fruit Punch <u>*Donut*</u> |
| 8  | | 9 Solar Eclipse Sandwich/Bagel Moon Rounds (Turkey Sausage) Galaxy Fries Apple Juice | 10 Hamburger Wg Bun/Cheese Pickles Baked Beans Grapes | 11 Chicken Philly Romaine Salad Honeydew K-1: Ck Patty | 12 Cheese Pizza Broccoli Bites Apple Juice <u>*Ice Cream*</u> |
| | 15 Turkey Sandwich Cucumber Slices <u>Jicama Sticks</u> Apple Slices Wg Snack | 16 Chicken Crisпитos Queso Tortilla Chips Romaine Salad <u>Lemon Sidekick</u> | 17 Chicken Nuggets Baked Beans <u>Fresh Mango</u> | 18 Pancakes Turkey Sausage Potato Rounds Orange Juice | 19 Cheese Pizza Blue Raspberry Applesauce Broccoli w/Ranch |
| | 22 Cheeseburger Fresh Broccoli Trees Fresh Strawberries Cheez-its  | 23 Chicken Taco Queso Pinto Beans Tortilla Chips Banana | 24 Popcorn Chicken Wg Wrap Diced Tomatoes Romaine Salad Fruit Punch | 25 Buffalo Chicken Dip/Pretzel Bites Waffle Fries Watermelon Applesauce Cup **K-1:** Chicken Nuggets | 26 Cheese Pizza Cucumber Slices Sugar Snap Peas Apple Juice *WILDCARD* |
| | 29 Turkey Sandwich Sweet Potato Fries Apple Wg Snack *WILDCARD* | 30 Beef Nachos Tortilla Chips Romaine Salad Apple Juice *WILDCARD* |  |  | |