Meal Pattern Requirements

(weekly)

Grains Range=8-10 G EQ

1/2 of all grains must be whole grain rich

M/MA Range=8-10 oz. Vegetable=3 3/4 cups

in appropriate subgroups

Fruit=2 1/2 cups Milk=5 cups

Fenner Elementary School Lunch



2018





Menu Subject to Change

ruit=2 1/2 cups Milk=5 cups				- District	Menu Subject to Change
	Monday	Tuesday	Wednesday	Thursday	Friday
	Happy Easter!	Špi	ring B	reak	6
			April 2 to April 6		LERGODIT PE
5	9 Taco Salad with Tortilla Chips & rice Assorted Sub PB & Jelly sandwich	10 Spaghetti with meat sauce & garlic bread Hot Dog on a Bun Ham Wrap	11 Stromboli Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich Baked Beans Fries	Promo 12 Promo 12 Promo 12 Chicken Patty on a Bun PB & Jelly sandwich Mixed Vegetables Sweet Potatoes	13 Meatball Sub Pepperoni Pizza Tuna Salad SandwichGreen Beans Cauliflower
1	16 Chicken Nuggets with pasta Assorted Sub Bologna Sandwich	17 Chicken & Biscuit with gravy Hot Dog on a bun Turkey Wrap	18 Italian Dunkers with sauce Cheeseburger on a bun with Lettuce & Tomato Egg Salad Sandwich Baked Beans Green Beans	19 Sloppy Joe on a Bun Chicken Patty on a Bun PB & Jelly Sandwich Mixed Vegetables Cucumber & Pepper Strips	20 Soft Tacos with Lettuce & Cheese Pepperoni Pizza Ham & Cheese Sandwich
2	23 Chicken & Cheese Fajita Assorted Sub PB & Jelly sandwich Fresh Spinach	24 Taco in a bag Hot Dog on a Bun Ham WrapCorn	25 Pizza Roll up Cheeseburger on a bun with Lettuce & Tomato Turkey Sandwich	26 Grilled Cheese with Tomato soup Chicken Patty on a Bun PB & Jelly sandwich	Fish Sticks on Bun & Mac Salad Pepperoni Pizza Bologna Sandwich
3	30 French Toast Sticks with Scrambled eggs Assorted Sub PB & Jelly sandwich BBQ Beans Hash Browns	Romaine Salad	Italian Broccoli Black Bean	Mashed Potato Sweet Potato Bake	Tiny Peas Cauliflower Fapoy pring,

Lunch Fact My Plate Recommends:

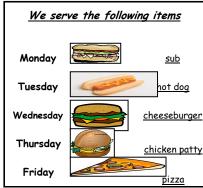
Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too. Reference: USDA. MyPlate.gov. Internet http://www.myplate.gov/.

Offered Daily With all School Lunches:

Fresh or prepared fruits (Must take 1/2 cup of fruit or veggies)

Non or Low Fat White or Non Fat Chocolate Milk Available Daily

Offered Daily Pizza, Salad Peanut butter and Jelly Sandwich



Start with a:

- Vegetable
- Fruit
- Choose whole grain
- Pick a lean protein
- Add serving of milk

Take at least 3

This institution is an equal opportunity Provider and Employer