

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



Menu Subject to Change

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/>.

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 	3	4 April 2 to April 6	5	6
5	9 Taco Salad with Tortilla Chips & rice Assorted Sub PB & Jelly sandwich ----- Sautéed Spinach Corn	10 Spaghetti with meat sauce & garlic bread Hot Dog on a Bun Ham Wrap ----- Green Beans Romaine Salad	11 Stromboli Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich ----- Baked Beans Fries	Promo 12 Taco Pizza Chicken Patty on a Bun PB & Jelly sandwich ----- Mixed Vegetables Sweet Potatoes	13 Meatball Sub Pepperoni Pizza Tuna Salad Sandwich ----- Green Beans Cauliflower
1	16 Chicken Nuggets with pasta Assorted Sub Bologna Sandwich ----- Steamed Broccoli Fries	17 Chicken & Biscuit with gravy Hot Dog on a bun Turkey Wrap ----- Mashed Potato Romaine Salad	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 ----- Corn Carrot Coins
2	23 Chicken & Cheese Fajita Assorted Sub PB & Jelly sandwich ----- Fresh Spinach Green Beans	24 Taco in a bag Hot Dog on a Bun Ham Wrap ----- Corn Romaine Salad	25 Pizza Roll up Cheeseburger on a bun with Lettuce & Tomato Turkey Sandwich ----- Italian Broccoli Black Bean	26 Grilled Cheese with Tomato soup Chicken Patty on a Bun PB & Jelly sandwich ----- Mashed Potato Sweet Potato Bake	27 Fish Sticks on Bun & Mac Salad Pepperoni Pizza Bologna Sandwich ----- Tiny Peas Cauliflower
3	30 French Toast Sticks with Scrambled eggs Assorted Sub PB & Jelly sandwich ----- BBQ Beans Hash Browns				

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

We serve the following items

Monday		sub
Tuesday		hot dog
Wednesday		cheeseburger
Thursday		chicken patty
Friday		pizza

- 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