

**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**

May  
2018



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
3		1 Hot Turkey Sandwich Hot Dog on a Bun Ham & Cheese Wrap ----- Mashed Potato Sweet Potatoes	2 Pretzel with Cheese Cheeseburger on a bun with Lettuce & Tomato Turkey Sandwich ----- Steamed Broccoli Romaine Salad	3 Bread sticks with Meat sauce Chicken Patty on a Bun PB & Jelly sandwich ----- Carrots Corn	4 nacho Father Grande Meat, Cheese & a Roll BB 8 my Pizza Boba-logna sandwich ----- Kit Fisto Spinach Yoda Best Beans <i>May the Forks be with you</i>
4 <b>PROMO</b>	7 Pretzel Pizza dipper Assorted Sub PB & Jelly sandwich ----- Green Beans Sweet Potatoes <b>Ice cream</b>	8 Turkey and gravy with Pasta Hot Dog on a Bun Turkey Wrap ----- Mashed Potato Romaine Salad	9 Chicken Nuggets with Pasta Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich ----- Carrots Mixed Vegetable	10 Soft Shell Tacos Chicken Patty on a Bun PB & Jelly sandwich ----- Broccoli BBQ Beans	11 Baked Mac & Cheese Pepperoni Pizza Turkey Sandwich ----- Tiny Peas Corn
5	14 Taco Salad with Tortilla Chips & rice Assorted Sub PB & Jelly sandwich ----- Sauteed Spinach Corn	15 Spaghetti with meat sauce & garlic bread Hot Dog on a Bun Ham Wrap ----- Green Beans Romaine Salad	16 Stromboli Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich ----- Baked Beans Fries	17 Pizza Grilled Chicken Patty on a Bun PB & Jelly sandwich ----- Mixed Vegetables Sweet Potatoes	18 Meatball Sub Pepperoni Pizza Tuna Salad Sandwich ----- Green Beans Cauliflower
1	21 Chicken Nuggets with pasta Assorted Sub Bologna Sandwich ----- Steamed Broccoli Fries	22 Chicken & Biscuit with gravy Hot Dog on a bun Turkey Wrap ----- Mashed Potato Romaine Salad	23 Italian Dunkers with sauce Cheeseburger on a bun with Lettuce & Tomato Egg Salad Sandwich ----- Baked Beans Green Beans	24 Sloppy Joe on a Bun Chicken Patty on a Bun PB & Jelly Sandwich ----- Mixed Vegetables Cucumber &	25 
2	28   No School	29 Taco in a bag Hot Dog on a Bun Ham Wrap ----- Corn Romaine Salad	30 Pizza Roll up Cheeseburger on a bun with Lettuce & Tomato Turkey Sandwich ----- Italian Broccoli Black Bean	31 Grilled Cheese with Tomato soup Chicken Patty on a Bun PB & Jelly sandwich ----- Mashed Potato Sweet Potato Bake	

**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