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

Temple Elementary School Lunch





Fruit=2 1/2 cups Milk=5 cups		School Lunch			Menu Subject to Change
	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4 April 2nd to April 6		6
	Happy Easter!	S 3	pring	Breal	
1	9 Taco Salad with Tortilla Chips & rice Assorted Sub PB & Jelly sandwich	10 Pretzel with cheese Hot Dog on a Bun Ham on Sandwich	11 Chicken Nuggets with Pasta Cheeseburger on a bun with Lettuce & Tomato	Toasted Ham & Cheese Chicken Patty on a Bun PB & Jelly sandwich	13 Spaghetti with meat sauce & garlic bread Pepperoni Pizza Tuna Salad on a Pita
	Sauteed Spinach Corn	Green Beans Romaine Salad	Bologna Sandwich Baked Beans Fries	Mixed Vegetables Sweet Potatoes	Green Beans Cauliflower
	16 Chicken Nuggets with pasta Assorted Sub Bologna Sandwich	17 Chicken & Biscuit with gravy Hot Dog on a bun Ham & Cheese Sandwich	Promo 18 Cheezy Dog Cheeseburger on a bun with Lettuce & Tomato Ham Sandwich	19 Bread sticks with Meat sauce Chicken Patty on a Bun PB & Jelly Sandwich	20 Soft Tacos with Lettuce & Cheese Pepperoni Pizza Turkey Sandwich
	Steamed Broccoli Oven Fries	Carrot Coins Romaine Salad	Baked Beans Green Beans	Mixed Vegetables Cucumber & Pepper Strips	Corn Peas
2	23 Chicken & Cheese Fajita Assorted Sub PB & Jelly sandwich	24 Turkey & Gravy Sandwich Hot Dog on a Bun Ham sandwich	25 Poncho Pup Cheeseburger on a bun with Lettuce & Tomato Turkey Sandwich	26 Grilled Cheese with Tomato soup Chicken Patty on a Bun PB & Jelly sandwich	27 Fish Sticks on Bun Pepperoni Pizza Bologna Sandwich
	Spinach Green Beans	Corn Romaine Salad	Italian Broccoli Black Bean	Mashed Potato Sweet Potato Bake	Tiny Peas Cauliflower
3	30 French Toast Sticks with Scrambled eggs Assorted Sub PB & Jelly sandwich			Fappy	April Shaan Bring May Plane
	BBQ Beans Hash Browns		J pri	ng!	** ***

Lunch Fact My Plate Recommends:

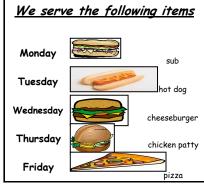
Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too. Reference: USDA. MyPlate.gov. Internet http://www.myplate.gov/.

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



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