

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

Temple
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 2nd to April 6	5	6
5	9 Taco Salad with Tortilla Chips & rice Assorted Sub PB & Jelly sandwich ----- Sauteed Spinach Corn	10 Pretzel with cheese Hot Dog on a Bun Ham on Sandwich ----- Green Beans Romaine Salad	11 Chicken Nuggets with Pasta Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich ----- Baked Beans Fries	12 Toasted Ham & Cheese Chicken Patty on a Bun PB & Jelly sandwich ----- Mixed Vegetables Sweet Potatoes	13 Spaghetti with meat sauce & garlic bread Pepperoni Pizza Tuna Salad on a Pita ----- Green Beans Cauliflower
1	16 Chicken Nuggets with pasta Assorted Sub Bologna Sandwich ----- Steamed Broccoli Oven Fries	17 Chicken & Biscuit with gravy Hot Dog on a bun Ham & Cheese Sandwich ----- Carrot Coins Romaine Salad	Promo 18 Cheezy Dog Cheeseburger on a bun with Lettuce & Tomato Ham Sandwich ----- Baked Beans Green Beans	19 Bread sticks with Meat sauce Chicken Patty on a Bun PB & Jelly Sandwich ----- Mixed Vegetables Cucumber & Pepper Strips	20 Soft Tacos with Lettuce & Cheese Pepperoni Pizza Turkey Sandwich ----- Corn Peas
2	23 Chicken & Cheese Fajita Assorted Sub PB & Jelly sandwich ----- Spinach Green Beans	24 Turkey & Gravy Sandwich Hot Dog on a Bun Ham sandwich ----- Corn Romaine Salad	25 Poncho Pup 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 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

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