

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

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 Taco in a bag Hot Dog on a Bun Ham & Cheese Sandwich ----- Romaine Salad Corn	2 Chicken Nuggets with Pasta Cheeseburger on a bun with Lettuce & Tomato Turkey Sandwich ----- Steamed Broccoli Fries	3 Sloppy Joe on a Bun Chicken Patty on a Bun PB & Jelly sandwich ----- Carrot Coins Spinach	4 Nacho Father Grande Meat, Cheese & a Roll BB 8 my Pizza Boba-logna sandwich ----- Sweet Leia Potatoes Yoda Best Beans <i>May the Forks be with you</i>
4	PROMO 7 Chicken & Spanish Rice Assorted Sub PB & Jelly sandwich ----- Green Beans Sweet Potatoes Ice cream	8 Turkey and gravy With Pasta Hot Dog on a Bun Turkey sandwich ----- Mashed Potatoes Romaine Salad	9 Stromboli Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich ----- Carrots Mixed Vegetable	10 Cheeseburger Pizza 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 Pretzel with cheese Hot Dog on a Bun Ham on Sandwich ----- Green Beans Romaine Salad	16 Chicken Nuggets with Pasta Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich ----- Baked Beans Fries	17 Toasted Ham & Cheese Chicken Patty on a Bun PB & Jelly sandwich ----- Mixed Vegetables Sweet Potatoes	18 Spaghetti with meat sauce & garlic bread Pepperoni Pizza Tuna Salad on a Pita ----- Green Beans Cauliflower
1	21 Chicken Nuggets with pasta Assorted Sub Bologna Sandwich ----- Steamed Broccoli Oven Fries	22 Chicken & Biscuit with gravy Hot Dog on a bun Ham & Cheese Sandwich ----- Carrot Coins Romaine Salad	23 Pizza Melt Cheeseburger on a bun with Lettuce & Tomato Ham Sandwich ----- Baked Beans Green Beans	24 Bread sticks with Meat sauce Chicken Patty on a Bun PB & Jelly Sandwich ----- Mixed Vegetables Cucumber & Red Pepper Strips	25
2	28 No School	29 Turkey & Gravy Sandwich Hot Dog on a Bun Ham sandwich ----- Corn Romaine Salad	30 Poncho Pup 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	

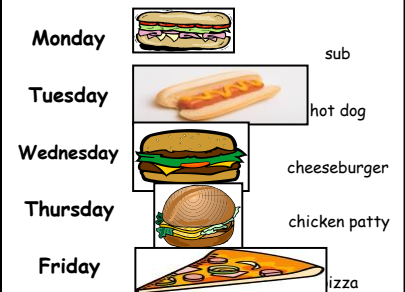
Offered Daily With all School Lunches:

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

We serve the following items



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