

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
3		1 Happy New Year!	2 	3 Sloppy Joe on a Bun Chicken Patty on a Bun PB & Jelly sandwich ----- Carrot Coins Spinach	4 Nacho Grande with Meat, Cheese & a Roll Pepperoni Pizza Bologna Sandwich ----- Sweet Potatoes Green Beans
4	7 Pizza Sub Assorted Sub PB & Jelly sandwich ----- Green Beans Sweet Potatoes	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 ----- Sautéed 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 	22 Baked Chicken with Biscuit 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 1/2 day COME JOIN US FOR BREAKFAST
2	28 Chicken & Cheese Fajita Assorted Sub PB & Jelly sandwich ----- Spinach Green Beans	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

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