

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					1 Cheesy Dogs Pepperoni Pizza Egg Salad Sandwich Tiny Peas Cauliflower Super Bowl
3	4 Taco in a bag Assorted Sub PB & Jelly sandwich BBQ Beans Corn	5 French Toast Sticks with Scrambled eggs Hot Dog on a Bun Ham & Cheese Sandwich Romaine Salad Hash Browns	6 Chicken Nuggets with Pasta Cheeseburger on a bun with Lettuce & Tomato Turkey Sandwich Steamed Broccoli Fries	7 Sloppy Joe on a Bun Chicken Patty on a Bun PB & Jelly sandwich Carrot Coins Spinach	8 Nacho Grande with Meat, Cheese & a Roll Pepperoni Pizza Tuna Salad Sandwich Sweet Potatoes Green Beans
4	11 Pizza Sub Assorted Sub PB & Jelly sandwich Green Beans Sweet Potatoes	12 Turkey and gravy With Pasta Hot Dog on a Bun Turkey sandwich Mashed Potatoes Romaine Salad	13 Stromboli Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich Carrots Mixed Vegetable	14 Cheeseburger Pizza Chicken Patty on a Bun PB & Jelly sandwich Broccoli BBQ Beans Ice cream	15 Baked Mac & Cheese Pepperoni Pizza Egg Salad Sandwich Tiny Peas Corn
	18 	19 Mid 	20 Wnter	21 	22 Break
5	25 Taco Salad with Tortilla Chips & rice Assorted Sub PB & Jelly sandwich Sauteed Spinach Corn	26 Pretzel with cheese Hot Dog on a Bun Ham on Sandwich Green Beans Romaine Salad	27 Chicken Nuggets with Pasta Cheeseburger on a bun with Lettuce & Tomato Bologna Sandwich Baked Beans Fries	28 Toasted Ham & Cheese Chicken Patty on a Bun PB & Jelly sandwich Mixed Vegetables Sweet Potatoes	

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