

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

June
2021



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	All Children under 18 are eligible for free food refer to website and /or phone # <u>Summer Food Programs</u> http://portal.nysed.gov/portal/page/pref/CNKC/SFSP_pp/2014%20SFSP%20Sites.htm 1-800-522-5006	1 Hot Dog on a Bun ----- Peas	2 Taco in a bag ----- Carrots 3/4	3 Chicken Patty on a Bun ----- Steamed Broccoli	4 Pepperoni Pizza ----- Green Beans
3	7 Cheeseburger on a bun ----- Baked Beans Promo	8 Hot Dog on a Bun ----- Corn	9 Taco in a bag ----- Carrots 3/4	10 Chicken Patty on a Bun ----- Steamed Broccoli	11 Pepperoni Pizza ----- Green Beans
4	14 Cheeseburger on a bun ----- Baked Beans 	15 Hot Dog on a Bun ----- Peas	16 Taco in a bag ----- Carrots 3/4	17 Chicken Patty on a Bun ----- Steamed Broccoli	18 Pepperoni Pizza ----- Green Beans
5	21	22	23	24	25
<h1>Have a Sweet and</h1>					
1	28  Camping	29  m4tech.com	30 		

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

NY PRODUCTS USED

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

Hot Dog on a bun
with Pasta Salad

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NYS Corn

NYS Grape Juice

NYS Chips

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