

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


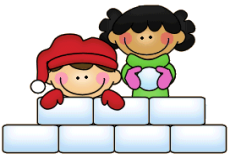


**Fenner
Elementary
School Lunch**



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	3 Taco in a bag Cheeseburger on a Bun ----- Green Beans	4 French Toast Sticks with Scrambled eggs Hot Dog on a Bun ----- Hash Brown	5 Toasted Mozz Stixs with sauce Grilled Cheese ----- BBQ Beans	6 Meatball Subs Chicken Patty on a Bun ----- Carrots 3/4	7 Chicken Fajita Wrap Pepperoni Pizza ----- Steamed Broccoli
4	10 Italian Dunkers with sauce Cheeseburger on a Bun ----- Corn	<i>Promo</i> 11 Fenner LUNCHABLE Hot Dog on a Bun ----- Baked Beans National Milk Day	12 Bread stixs with meatsauce Grilled Cheese ----- Green Beans	13 Soft Shell Tacos Chicken Patty on a Bun ----- Carrots 3/4	14 Mac & Cheese Pepperoni Pizza ----- Broccoli
5	17 Taco in a Bag Cheeseburger on a Bun ----- Broccoli	18 Chicken Fajita with Nachos Hot Dog on a Bun ----- Baked Beans	19 Chicken Tender Sub Grilled Cheese ----- Carrots 3/4	20 Ranch Chicken Flatbread Chicken Patty on a Bun ----- Green Beans	21 Toasted Mozz Stixs with sauce Pepperoni Pizza ----- Fries
1	24 	25 Assorted Subs Hot Dog on a Bun ----- Green Beans	26 Chicken Nuggets with Pasta Grilled Cheese ----- Fries	27 Mac & Cheese Chicken Patty on a Bun ----- Carrot Coins 3/4	28 1/2 day COME JOIN US FOR BREAKFAST
2	31 Sloppy Joe on a Bun Cheeseburger on a Bun ----- Baked Beans				


***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**


Offered Daily
Pizza, Salad
Peanut butter and Jelly Sandwich


We serve the following items

Monday  sub

Tuesday  hot dog

Wednesday  cheeseburger

Thursday  chicken patty

Friday & Everyday  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