

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**

**November
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
5	1 Taco in a Bag Cheeseburger on a Bun ----- Baked Beans	2 Spaghetti with Meatsauce & garlic bread Hot Dog on a Bun ----- Romaine Salad	3 Chicken Tender Sub Grilled Cheese ----- Carrots 3/4	4 Walking Ranch Chicken Chicken Patty on a Bun ----- Green Beans	5 Join us for Breakfast
1	8 Chicken pot pie Cheeseburger on a Bun ----- Baked Beans	9 Assorted Subs Hot Dog on a Bun ----- Green Beans	10 Chicken Nuggets with Pasta Grilled Cheese ----- Fries	11 	12 PROMO Soft Tacos Variety Pizza ----- Steamed Broccoli National Pizza Day
2	15 Sloppy Joe on a Bun Cheeseburger on a Bun ----- Green Beans	16 BBQ Chicken Sandwich Hot Dog on a Bun ----- Baked Beans	17 Chicken Tender Sub Grilled Cheese ----- Corn	18 Nacho Grande with Meat, Cheese Chicken Patty on a Bun ----- Carrot Coins 3/4	19 Mac & Cheese Pepperoni Pizza ----- Steamed Broccoli
3	22 Taco in a bag Cheeseburger on a Bun ----- Green Beans	23 French Toast Sticks with Scrambled eggs Hot Dog on a Bun ----- Hash Brown	24	25	26
4	29 Italian Dunkers with sauce Cheeseburger on a Bun ----- Corn	30 Chicken Fajita with Nachos Hot Dog on a Bun ----- Baked Beans			

**Happy
Thanksgiving**

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

