

Meal Pattern Requirements (weekly)
Grains Range=8-10 G EC
 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

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
4	1 Mozz Cheese Bites Assorted Sub ----- Green Beans	2 Sweet & Sour Chicken with Rice Hot Dog on a Bun ----- Corn	3 Chicken Tenders Cheeseburger on a bun ----- Baked Beans	4 Grilled Cheese Chicken Patty on a Bun ----- Broccoli	5 Come join us for breakfast
5	8 Ranch Chicken Flatbread Assorted Sub ----- Corn	9 Spaghetti with Meatsauce Hot Dog on a Bun ----- Romaine Salad	10 Chicken Nuggets Cheeseburger on a bun ----- Baked Beans	11 National Pizza Day	12 Promo Mac & Cheese Variety Pizza ----- Green Beans
1	15 French Toast Sticks with Scrambled eggs Assorted Sub ----- Hash Browns	16 Toasted Mozz Stix with Sauce Hot Dog on a Bun ----- Steamed Broccoli	17 Chicken Nuggets Cheeseburger on a bun with Lettuce & Tomato ----- Baked Beans	18 Grilled Cheese Chicken Patty on a Bun ----- Green Beans	19 Soft Tacos with Cheese Pepperoni Pizza ----- Carrots 3/4
2	22 Nacho Grande with Meat, & Cheese Assorted Sub ----- Green Beans	23 Turkey & Gravy Sandwich Hot Dog on a Bun ----- Mashed potatoes	24 	25	26
3	29 French Toast Sticks with Scrambled eggs Assorted Sub ----- Hash Browns	30 Spaghetti with Meatsauce Hot Dog on a Bun ----- Corn			

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

