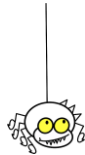


Meal Pattern Requirements
(weekly)
Grains Range=8-10 G EQ
1/2 of all grains must be whole grain rich
M/MA Range=8-10 oz.
Vegetable=3 3/4 cups
in appropriate subgroups
Fruit=2 1/2 cups Milk=5 cups

**Fenner
Elementary School
Lunch**



October
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 Soft Tacos Pepperoni Pizza ----- Steamed Broccoli
1	4 Sloppy Joe on a Bun Cheeseburger on a Bun ----- Green Beans	5 BBQ Chicken Sandwich Hot Dog on a Bun ----- Baked Beans	6 Chicken Tender Sub Grilled Cheese ----- Corn	7 Nacho Grande with Chicken Patty on a Bun ----- Carrot Coins 3/4	8 Mac & Cheese Pepperoni Pizza ----- Steamed Broccoli
2	11 Columbus Day no school 	12 French Toast Sticks with Scrambled eggs Hot Dog on a Bun ----- Hash Brown	13 Toasted Mozz Stixs with sauce Grilled Cheese ----- BBQ Beans	14 Assorted Subs Chicken Patty on a Bun ----- Carrots 3/4	15 Chicken Fajita Wrap Pepperoni Pizza ----- Steamed Broccoli
3	18 Italian Dunkers with sauce Cheeseburger on a Bun ----- Corn	19 Chicken Fajita with Nachos Hot Dog on a Bun ----- Baked Beans	20 Mozz Bites Grilled Cheese ----- Green Beans	21 Soft Shell Tacos Chicken Patty on a Bun ----- Carrots 3/4	22 Supt Day
4	25 Taco in a Bag Cheeseburger on a Bun ----- Baked Beans	26 Spaghetti with Meatsauce & garlic bread Hot Dog on a Bun ----- Romaine Salad	27 Chicken Tender Sub Grilled Cheese ----- Carrots 3/4	PROMO 28 Witches Brew Broomstick Chicken Patty on a Bun ----- Green Beans 	29 Half day

***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