

**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**

**September**

**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
1		0  <b>Welcome Back</b>	1 	2 	3 
2	6 Labor day no school 	7 BBQ Chicken Sandwich Hot Dog on a Bun ----- Baked Beans	8 Chicken Tender Sub Grilled Cheese ----- Corn	9 Nacho Grande with Meat, Cheese Chicken Patty on a Bun ----- Carrot Coins 3/4	10 Mac & Cheese Pepperoni Pizza ----- Steamed Broccoli
3	13 Taco in a bag Cheeseburger on a Bun ----- Green Beans	14 French Toast Sticks with Scrambled eggs Hot Dog on a Bun ----- Hash Brown	15 Toasted Mozz Stix with sauce Grilled Cheese ----- BBQ Beans	16 Assorted Subs Chicken Patty on a Bun ----- Carrots 3/4	17 Chicken Fajita Wrap Pepperoni Pizza ----- Steamed Broccoli
4	20 Italian Dunkers with sauce Cheeseburger on a Bun ----- Corn	21 Chicken Fajita with Nachos Hot Dog on a Bun ----- Baked Beans	22 Mozz Bites Grilled Cheese ----- Green Beans	23 Cheeseburger Pizza Chicken Patty on a Bun ----- Carrots 3/4	24 Mac & Cheese Pepperoni Pizza ----- Broccoli
5	27 Taco in a Bag Cheeseburger on a Bun ----- Baked Beans	28 Spaghetti with Meatsauce & garlic bread Hot Dog on a Bun ----- Romaine Salad	29 Chicken Tender Sub Grilled Cheese ----- Carrots 3/4	30 Walking Ranch Chicken Chicken Patty on a Bun ----- Green Beans	

*Offered Daily With all  
School Lunches:  
Lunch price 1.45*

*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 cheeseburger

Tuesday hot dog

Wednesday PB&J

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