



Lunch/Supper Sample Menus

* Whole Grain Included

Milk Peaches Ranch Style Beans White Rice Gr Beef Cornbread 1	Milk Fruit Cocktail Baked Fries Whole Wheat Bun * Sloppy Joe 2	Milk Mashed Potatoes Green Beans Chicken Nuggets (CN) 3	Milk Applesauce Peas and Carrots Gr Beef Patty (CN) W/ Gravy Whole Wheat Bread * 4	Milk Carrots w/ Ranch Cucumbers Whole Wheat Bread * Sliced Ham & Cheese 5
Milk Apple Slices Refried Beans Tortilla Chips Gr Beef Cheese Sauce 6	Milk Tator Tots Mixed Fresh Fruit Whole Wheat Bun * Hot Dog Frank Chili 7	Milk Tomato & Lettuce Corn Flour Tortilla Shredded Chicken 8	Milk Apricots Green Beans Spaghetti Gr Beef 9	Milk Pickles Fruit Cocktail Whole Wheat Bun * Sliced Turkey & Cheese 10
Milk Pear Halves Pork N Beans Whole Wheat Bread * Turkey Franks 11	Milk Apple Slices Cucumber w/ Ranch Flour Tortilla Wrap Sliced Ham & Cheese 12	Milk Fruit Cocktail Steamed Carrots Rice Diced Chicken w/ Cream of Mushroom 13	Milk Corn Sweet Potatoes Wheat Roll * Baked Ham 14	Milk Baked Fries Mandarin Oranges Corndog (CN) 15
Milk Mixed Veggies Mixed Fresh Fruit Elbow Pasta Cheese 16	Milk Mashed Potatoes Corn on the cob Steakfingers (CN) Wheat Bread * 17	Milk Applesauce Green Beans Spiral Pasta Gr Beef w/ Tomato Sauce 18	Milk Broccoli w/ Cheese Peaches Wheat Bread * Baked Chicken legs 19	Milk Apple Slices Carrots w/ Ranch Whole Wheat Bread * PB & J 20
Milk Tropical Fruit Corn Spanish Rice Homemade Enchiladas 21	Milk Pineapple Baked Beans Wheat Bread * BBQ Chicken 22	Milk Apple Slices Carrot Sticks Wheat Bread * Tuna 23	Milk Pears Coleslaw Fish Sticks (CN) Wheat Bread * 24	Milk Celery Sticks w/ Ranch Seedless Grapes Ritz Crackers Sliced Ham & Cheese 25
Milk Fruit Cocktail Hashbrowns Pancakes Sausage Patties Breakfast for Lunch 26	Milk Pears Pinto Beans Taco Shells Gr Beef Cheese 27	Milk Peaches Tator Tots Mini Corndogs (CN) 28	Milk Apricots Lettuce/Tomato Salad Pizza on a Bun Whole Wheat * Cheese Pepperoni 29	Milk Baked Fries Apple Slices Wheat Bun * Cheeseburger 30