***Unitized School Lunch***

*News*

\*\*Please note that items may be substituted due to availability\*\*

***Mea*t/Alternate**

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 9 oz. per week

Grades 9-12 - 2 oz. per day/ 10 oz. per week

**Grain/Bread**

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 8 oz. per week

Grades 9-12 - 2oz per day/ 10 oz. per week

**Fruit**

Grade K-8 - ½ cup per day/ 2 ½ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

**Vegetable**

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

**Milk**

1 cup 1% or Fat Free

**Frito Boat/Chicken**

 **Black Beans**

 **Cheese**

**Salsa**

**Pear**

**Milk**

**Cheeseburger**

**WG Bun**

**Green Beans**

**Broccoli Florets**

 **Banana**

**Milk**

**Mac & Cheese**

**Steamed Peas**

**Fruitable**

**WG Roll**

**Banana**

**Milk**

**Grilled Chicken**

**WG Bun**

**Green Beans**

**Baby Carrots**

**Sidekick & \*\*Raisins**

**Milk**

**Pizza**

**Broccoli Florets**

**Grape Tomatoes**

**Apple**

**Cookie**

**Cheese Stick**

**Milk**

**Alfredo**

**Mixed Vegetable**

**Celery Sticks**

**Pear**

**Milk**

**Beef Walking Taco**

**WG Doritos**

**Refried Beans**

**Salsa & Cheese**

**Applesauce & \*\*Craisins**

**Milk**

**Italian Pull apart**

**Marinara Cup**

**Steamed Broccoli**

**Banana**

**Milk**

**PB & J Uncrustable**

**Cheesy Potatoes**

**Steamed Carrots**

**Orange Slices**

**Milk**

**Pizza**

**Broccoli Florets**

**Grape Tomatoes**

**Apple**

**Cookie**

**Cheese Stick**

**Milk**

***This Institution Is an Equal Opportunity Provider***

**Rodeo Burger**

**WG Bun**

**BBQ Sauce $ Funyuns**

**Baked Beans**

**Baby Carrots**

**Pear**

**Milk**

**Meatloaf Sandwich**

**Steamed Carrots**

**Cauliflower**

**Fruit Cup & \*\* Raisins**

**Milk**

**Turkey Sandwich**

**WG Bun**

**Steamed peas**

**Broccoli Florets**

**Banana**

**Milk**

**Cheeseburger Mac**

**Mixed Vegetables**

**WG Roll**

**Celery Sticks**

**Applesauce & \*\*Craisins**

**Milk**

**Pizza**

**Broccoli Florets**

**Grape Tomatoes**

**Apple**

**Cookie**

**Cheese Stick**

**Milk**