

OCTOBER

Sep 30th - Oct 25th
 Week #1: 30th-4th
 Week #2: 7th - 11th
 Week #3: 14th- 18th
 Week #4: 21st - 25th

K - 3RD Grade Food Court Menu

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.

meat/meat alternative	grain	vegetable	fruit*	milk

Hot Entrees

Choose from several fruit and veggie choices daily

BIG Daddy's CHEESE Pizza 					
BIG Daddy's PEPPERONI Pizza 					
CHICKEN TENDERS breaded chicken tenders served with a whole grain roll					
BUFF-a-BURGER 100% all beef burger w/american cheese on a WGR hamburger bun 					
HOT DOGS All beef hotdog on a WG bun 					

Cold Entrees

Choose from several fruit and veggie choices daily

Tree Hugger LUNCH BOX Sliced apples w/peanut butter, cheesestick, WGR tortilla chips and salsa *Gluten Free					Grab a milk for all 5 food
PEANUT BUTTER & JELLY 					
Chef Salad Romaine lettuce served w/ grape tomatoes, Turkey, Ham, Shredded					
Turkey & Cheese SANDWICH GRAB & GO ALWAYS FAST ~ ALWAYS FRESH					

Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

*Some whole fruits count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A food component is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk*

A food item is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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mail:
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410; or
 fax:
 (833) 256-1665 or (202) 690-7442; or
 email:
 Program.Intake@usda.gov

This institution is an equal opportunity provider.

What Makes A LUNCH

SELECT 3-5 ITEMS:

	GRAINS	
	PROTEIN	
VEGGIE	FRUIT	

one must be a **FRUIT** or **VEGGIE**