

NOVEMBER

Oct 28th - Nov 22nd
 Week #1: 28th -1st
 Week #2: 4th -8th
 Week #3: 11th-15th
 Week #4: 18th - 22nd

4TH - 8TH 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

CHICKEN SANDWICH Crispy white chicken breast on a WGR bun					
Bosc's Cheesy Stuffed Breadsticks !! Comes with a marinara cup, perfect for dipping!					
TACO BOX Build your own TACO! Comes with ground beef, 2 soft shells, cheddar cheese, taco sauce and salsa					
POPCORN Chicken Bowl					

Cold Entrees

Choose from several fruit and veggie choices daily

TuttiFrutti includes Chex Honey Nut® cereal, fruit cup, carrots, yogurt & string cheese *gluten free					Grab a milk for all 5 food groups!
PEANUT BUTTER & JELLY					
Garden Salad Romaine lettuce served w/ grape tomatoes, carrots, egg, Shredded Cheddar, ranch dressing & WG Goldfish crackers or equiv.					
HAM & SWISS SANDWICH					
Mandarin Orange Chicken Salad					

Weekly Special

Choose from several fruit and veggie choices daily

Orange Chicken Served with Jasmine Rice !!						Week #1 & 2
Chicken Cordon Bleu on WGR Bun						Week #3 & 4

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	
VEGGIE	FRUIT	

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