

Lunch Choice

Per federal regulations every lunch must contain the following:

-2oz. protein

-7-10 servings of bread per week

-½ cup of fruit and/or ½ cup of vegetable

-milk choice

Menu choices:

Chicken nuggets

Pizza

Chicken sandwich

Cheeseburger

Other

Vegetable

Corn

Green beans

Salad

Carrots

Other

Fruit

Peaches

Pears

Pineapple

Mandarin oranges

Other

Bread

Dinner roll

Bread slice

Bread stick

Other

Milk

1% Chocolate

1% White

Skim

Whole

Vanilla

Strawberry

Other ideas:
