

What's on



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK **CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND** FAT FREE CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING: 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR **BEST NUTRITION CHOOSE ALL 5!!!**

USDA is an equal opportunity employer and provider.

Chase 2024-2025

Fun Lunch rotates every other week



area cooperative educational services

Wednesday

Thursday

Whole Grain Fruit

Muffin String Cheese or Yogurt

Monday

Tuesday

Friday

Breakfast

Whole Grain

Bagel

Whole Grain Fruit Muffin

String Cheese or Yogurt



Assorted Fresh Local

Seasonal Fruit



Assorted Fruit Juice Assorted Fruit Juice Assorted Chilled Fruit Assorted Chilled Fruit

Cereal Bar Kit









Cereal Available Daily with a choice of vogurt or string cheese Lunch





Assorted Fruit Juice

Nutrigrain Bar





Assorted Fresh Local Seasonal Fruit

Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Assorted Fruit Juice

Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit

Turkey or Ham and Cheese Sandwich



Sun butter Triple Decker





Muffin Fun Lunch



Sliced Cucumber Fresh Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit

Chicken Patty Sandwich



Sun butter Triple Decker





Muffin Fun Lunch



Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit

Whole Grain Cheese Pizza



Sun butter Triple Decker





Muffin Fun Lunch



Fresh Side Garden Salad Fresh Celery Assorted Fresh Fruit Assorted Chilled Fruit

Chicken Tenders Tater Tots





Sun butter Triple Decker





Muffin Fun Lunch



Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit Assorted Chilled Fruit

Whole Grain Cheese Pizza



Sun butter Triple Decker







Classic Potato Salad **Power Peas** Assorted Fresh Fruit Assorted Chilled Fruit

Serving up happy & healthy



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vour menu! Fun Lunch rotates every other week **Tuesday Thursday Monday** Wednesday **Friday Breakfast** Whole Grain Fruit Whole Grain Whole Grain Fruit Cereal Bar Kit Nutrigrain Bar Muffin Bagel Muffin String Cheese String Cheese or Yogurt String Cheese or Yogurt Cream Cheese Nutri Grain Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit Seasonal Fruit Seasonal Fruit Seasonal Fruit Seasonal Fruit Cereal Available Daily with a choice of yogurt or string cheese Lunch Turkey or Ham Chicken Patty Whole Grain **Chicken Tenders** Whole Grain and Cheese Cheese Pizza Tater Tots Cheese Pizza Sandwich Sandwich Sun butter Triple Decker Decker Decker Decker Decker



Bagel Fun Lunch



Sliced Cucumber Fresh Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit



Bagel Fun Lunch



Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit Assorted Chilled Fruit



Bagel Fun Lunch



Fresh Side Garden Salad Fresh Celery Assorted Fresh Fruit Assorted Chilled Fruit



Bagel Fun Lunch



Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit Assorted Chilled Fruit



Bagel Fun Lunch



Classic Potato Salad Power Peas Assorted Fresh Fruit Assorted Chilled Fruit

Serving up happy & healthy