

## Menu Guidelines

School lunch menus are planned to meet 1/3 of the USDA Dietary Guidelines Nutrient target of calorie requirements.

RDA (*Recommended daily allowance*)

- Less than 30% calories from fat.
- Less than 10% calories from saturated fat.
- 1/3 of the RDA calcium: iron: Vitamin A; Vitamin C.









Menu includes a selection of whole grains, fresh fruits and vegetables.

Variety of milk are offered daily with lunch.



# Summer 2009

Lunch Price \$ 2.75  
 Reduced Price \$ .40  
 Juice \$ .50  
 Milk \$ .50  
 Water \$ .50

Monday	Tuesday	Wednesday	Thursday	Friday
Nacho Cheese & Tortilla Chips Fresh Apple Green Salad Milk	16-Jun Chicken Sandwich Fresh Peaches Green Salad Milk 	17-Jun Corn Dog Apple Sauce Cups Gold Fish Crackers Green Salad Milk	18-Jun Ham & Cheese Sandwich Orange Smiles Green Salad Chocolate Chip Cookie Milk	19-Jun Pizza Peach Cups Carrot Celery Sticks Green Salad Milk 
22-Jun Cheese Quesadilla Chilled Fruit Mix Green Salad Milk 	23-Jun Hot Dog Baked Chips Watermelon Slice Green Salad Milk 	23-Jun Mini Cheeseburgers Carrot Sticks Chilled Mixed Fruits Green Salad Milk	24-Jun Chicken Nuggets Apple Sauce Green Salad Elf Grahams Milk	25-Jun Pizza Watermelon Slice Baby Carrots Green Salad Milk 
29-Jun Bean & Cheese Burrito Chilled Peaches Baby Carrots Green Salad Milk	30-Jun Chicken Sandwich Apple Green Salad Gold Fish Crackers Milk 	1-Jul Corn Dog Orange Smiles Cucumber Slices Green Salad Milk	2-Jul Grilled Cheese Sandwich Celery/Carrot Sticks Green Salad Animal Crackers Milk	3-Jul 
6-Jul Chicken Nuggets Orange Smiles Green Salad Chocolate Chip Cookie Milk	7-Jul Meat Ball Sandwich Apple Sauce Green Salad Milk	8-Jul Ham & Cheese Sandwich Watermelon Slice Chilled Peaches Green Salad Milk	9-Jul Hamburger Baked Chips Chilled Mixed Fruit Green Salad Milk 	10-Jul Pizza Wild Berry Juice 4oz Baby Carrots Green Salad Milk

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