

Lunch/Supper

Requirements for ages 6 – 18 years:

Meat/Meat Alternate – 2 oz.

Fruit/Vegetable – ¾ cup total

(Must serve at least 2 different varieties of fruit/vegetable)

Bread/grain – 1 slice or equivalent

Milk – 8 oz. or 1 cup (1/2 pint)

Sample Cold Lunch Menus

Milk Ham & cheese pita sandwich Carrot sticks Fresh blueberries	Milk Turkey & cheese on bun Cucumber slices Mixed fruit cup	Milk Ham & cheese hoagie roll Lettuce & tomato Apple	Milk Roast beef & cheese on bread Celery sticks Fresh banana	Milk HM Chicken salad Whole grain crackers Fresh broccoli Melon cubes
Milk Turkey/ham/cheese wrap Carrot sticks Peach slices	Milk Turkey/cheese in pita pocket Fresh peach Celery sticks	Milk Roast beef & cheese hoagie Black bean & corn salad Sliced pears	Milk HM Tuna salad on bread Tomato slices Watermelon	Milk Chef salad w/ turkey/ham/cheese WG crackers Mixed berries
Milk Turkey or ham and cheese on bun Cherry tomatoes Banana	Milk Roast beef & cheese on bun Spring mix salad Strawberries	Milk Peanut butter/jelly sandwich Cheese stick Fresh broccoli Watermelon	Milk Turkey & swiss cheese on bagel Carrot sticks Apple	Milk HM Tuna or chicken salad pita pocket Lettuce & tomato Orange slices

HM = Homemade

WG = Whole Grain

Sample Hot Lunch Menus

Milk CN Chicken patty on bun Tater tots Blueberries	Milk Sliced roast beef Mashed potatoes Gravy Roll Peaches	Milk Hamburger on bun Corn on the cob Pineapple slices	Milk Chicken fajita Flour tortilla Refried beans Salsa Kiwi	Milk Sub sandwich with 1 oz. each turkey & cheese Oven fries Watermelon
Milk HM baked chicken Baby carrots Applesauce Roll	Milk Fish taco Lettuce, tomato, cheese Corn Salsa	Milk Cashew chicken with brown rice Mixed vegetables Clementines	Milk Spaghetti with turkey meat sauce Broccoli Apple wedges	Milk Vegetable soup Grilled cheese sandwich Banana
Milk HM sloppy joe on bun Coleslaw Grapes	Milk Fish fillet Green beans Bread Strawberries	Milk HM or CN pizza Carrot sticks Blackberries	Milk Meatloaf Mashed potatoes Roll Cantaloupe	Milk CN corn dog Baked beans Banana
Milk HM chicken tetrizzini with noodles Peas Strawberries	Milk Meatball sub Garden salad Whole wheat bun Watermelon	Milk Baked potato with chili (ground beef) Broccoli Grapes	Milk Baked ham Cauliflower Dinner roll Melon cubes	Milk Beef taco Whole wheat tortilla Black beans & corn Roll Oranges

CN = Child Nutrition Label

HM = Homemade