

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate



**Weekly Vegetable Subgroups May include:**

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!**

**DAILY ALTERNATES.**

Daily entrée options may include:

Sunbutter and Jelly on WG Sliced Bread, Gluten free alternative

WG= Whole Grain

**Nutritious Friends**

**Look for our Nutritious Friend of the Month on the menu!!**

**Lunch Prices**

**Student \$0.00**

**Adult \$0.00**

**General Manager**

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**Email**

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# MHY Family Services August/September 2023



**Monday**

**28**

**Breakfast**

French Toast Sticks or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Sloppy Joes on WG Roll  
✓ Cheese Sticks w/ Dipping Sauce  
✓ Cheesy Broccoli  
Choice of Fruit Veggie and Milk

**Tuesday**

**29**

**Breakfast**

Breakfast Pizza or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

✓ Soft Shell Beef Taco  
Mac n Cheese w/ WG Dinner Roll  
Corn on the Cob ✓  
Choice of Fruit Veggie and Milk

**Wednesday**

**30**

**Breakfast**

Cream Cheese Bagel or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Cheeseburger or Bacon Burger ✓  
on WG Roll  
French Fries ✓  
Choice of Fruit Veggie and Milk

**Thursday**

**31**

**Breakfast**

Waffles w/ Syrup or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

✓ Chicken Patty on WG Roll  
✓ Spaghetti with Meat Sauce  
Choice of Fruit Veggie and Milk

**Friday**

**1**

**Breakfast**

WG Donuts or Cereal ✓  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

✓ Chicken Bacon Ranch Flatbread  
✓ Cheesesteak on WG Roll  
Buttered Carrots ✓  
Choice of Fruit Veggie and Milk

**4**



**5**

**Breakfast**

Breakfast Pizza or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Walking Taco w/ Beef  
Buffalo Chicken Flatbread  
Buttered Corn ✓  
Choice of Fruit Veggie and Milk

**6**

**Breakfast**

Cream Cheese Bagel or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Spicy Chicken Sandwich  
Beef and Cheddar on WG Roll  
Mashed Cauliflower  
Choice of Fruit Veggie and Milk

**7**

**Breakfast**

Waffles w/ Syrup or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Rib Sandwich on WG Roll  
Chicken Alfredo  
Corn and Black Bean Salad  
Choice of Fruit Veggie and Milk

**8**

**Breakfast**

Breakfast on a Stick w/ Syrup  
Cereal Choice  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Chicken Parm w/ Sauce and Breadstick  
Asian Noodle Bowl  
Green Beans  
Choice of Fruit Veggie and Milk

**11**

**Breakfast**

French Toast Sticks w/ Syrup or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Salisbury Steak w/ Gravy and WG Roll  
Chicken Cordon Bleu on WG Roll  
Buttered Ranch Potatoes  
Choice of Fruit Veggie and Milk

**12**

**Breakfast**

Breakfast Pizza or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Corn Dog  
Chicken Soft Taco \$  
Roasted Corn and Bacon Salad  
Choice of Fruit Veggie and Milk

**13**

**Breakfast**

Cream Cheese Bagel or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Cheese Ravioli w/ WG Roll  
Breakfast Scramble  
Tator Tots  
Choice of Fruit Veggie and Milk

**14**

**Breakfast**

Waffles w/ Syrup or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Ham BBQ Sandwich on Pretzel Roll  
Pizza Casserole  
Brussel Sprouts  
Choice of Fruit Veggie and Milk

**15**

**Breakfast**

Sausage Breakfast Muffin or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Stuffed Crust Pizza  
Turkey Bacon Mely  
Italian Veggie Blend  
Choice of Fruit Veggie and Milk

**18**

**Breakfast**

French Toast w/ Syrup or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Grilled Cheese w/ Tomato Soup  
Meatball Hoagie  
Goldfish Crackers  
Choice of Fruit Veggie and Milk

**19**

**Breakfast**

Breakfast Pizza or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Walking Taco w/ Beef  
BBQ Chicken Wrap  
Buttered Corn  
Choice of Fruit Veggie and Milk

**20**

**Breakfast**

Cream Cheese Bagel or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Baked Pasta w/ WG Roll  
Sausage Sandwich  
Baked Beans  
Choice of Fruit Veggie and Milk

**21**

**Breakfast**

Waffles w/ Syrup or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Pulled Pork Mac n Cheese  
Chicken Patty  
Roasted Zucchini and Squash  
Choice of Fruit Veggie and Milk

**22**

**Breakfast**

WG Donuts or Cereal  
Apple or Apple Juice  
1% White or Skim Milk

**Lunch**

Chicken Nuggets w/ Breadstick  
Stuffed Shells w/ Sauce  
Cheesy Broccoli  
Choice of Fruit Veggie and Milk