***UNITIZED SCHOOL LUNCH***

*News*

\*\*Please note that items may be substituted due to availability\*\*

***Mea*t/Alternate**

1-2 yo: 1 oz.

3-5 yo: 1 ½ oz.

6-12 yo: 2 oz.

**Grain/Bread**

1-2 yo: ½ oz. equivalent

3-5 yo: ½ oz. equivalent

6-12 yo: 1 oz. equivalent

**Vegetable**

1-2 yo: 1/8 C

3-5 yo: ¼ C

6-12 yo: ½ C

**Fruit**

1-2 yo: 1/8 C

3-5 yo: ¼ C

6-12 yo: 1/2 C

Milk

1-2 yo: ½ C Whole Milk

3-5 yo: ¾ C Low Fat/Non-Fat

6-12 yo: 1 C Low Fat/Non-Fat

**Salisbury Steak**

**WG Bun**

**Steamed Peas**

**Pear Cup**

**Milk**

**Cheese Quesadilla**

**Mixed Vegetable**

**Applesauce**

**Milk**

**Cheese Pizza**

**Steamed Broccoli**

**Banana**

**Milk**

 **Grilled Chicken Breast**

**WG Bun**

**Green Beans**

**Diced Peaches**

**Milk**

**Chicken Nuggets**

**Wedge Potatoes**

**Applesauce**

**Milk**

**Cheese Pull Apart**

**Steamed Corn**

**Diced Pears**

**Milk**

**Beef Taco Stick**

**Mixed Vegetable**

**Diced Peach Cup**

**Milk**

**Cheese Pizza**

**Green Beans**

**Banana**

**Milk**

**Egg & Cheese Calzone**

**Cheesy potatoes**

**Yogurt Cup**

**Applesauce**

**Milk**

**WG Pepperoni Calzone**

**Steamed Carrots**

**Applesauce**

**Milk**

**Ham & Cheese Pocket**

**Steamed Cauliflower**

**Cheese Cubes**

**Goldfish**

**Diced Pear**

**Milk**

**Hamburger**

**WG Bun**

**Buttered Corn**

**Applesauce**

**Milk**

 **Cheese Pizza**

**Steamed Cauliflower**

**Banana**

**Milk**

**Chicken Sandwich on a Bun**

**Mixed Vegetable**

**Fruit Cup**

**Milk**

**Turkey Ham & Cheese**

**Calzone**

**Steamed Carrots**

**Applesauce**

**Milk**

**Sloppy Joe**

**Steamed Carrots**

**Pear Cup**

**Milk**

**Queso Pull Apart**

**Peas**

**Applesauce**

**Milk**

**Cheese Pizza**

**Steamed Broccoli**

**Banana**

**Milk**

**Mini Cheese Calzones**

**Green Beans**

**Diced Peaches**

**Milk**

**Cheeseburger**

**Mixed Vegetables**

**Applesauce**

**Milk**

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**Meatloaf Sandwich**

**WG Bun**

**Steamed Carrots**

**Diced Pears**

**Milk**

**Taco Pizza Bites**

**Cheesy Potatoes**

**Yogurt Cup**

**Diced Peach Cup**

**Milk**

**Cheese Pizza**

**Green Beans**

**Banana**

**Milk**

**Turkey Sausage Egg and**

**Cheese Wrap**

**Mixed Vegetables**

**Cheese Cubes**

**Applesauce**

**Milk**

**Crispy Chicken Sandwich**

**WG Bun**

**Steamed Corn**

**Applesauce**

 **Milk**