

Milk is served with lunch

Lunch Menu August 2024



Monday	Tuesday	Wednesday	Thursday	Friday
29 Pizza Carrot Sticks Pineapple	30 Canadian Bacon Buttered Pasta Cucumbers and Tomatoes Plums	31 Enchiladas Lettuce and Tomatoes Melon	1 Tator Tot Casserole Peas and Carrots Strawberries Roll	2 Tuna Sandwiches Mixed Vegetables Mixed Fruit
5 Pizza Green Beans Oranges	6 Chicken Pasta Salad Cucumbers and Tomatoes Mixed Berries	7 Lasagna Corn Apples	8 Taco Pie Broccoli Pineapple	9 Egg Salad Sandwich Mixed Vegetables Mixed Fruit
12 Pizza Carrots Bananas	13 Enchiladas Green Beans Nectarines	14 Pasta and Meat Sauce Broccoli Oranges	15 Chicken Fingers Potatoes Corn Mixed Berries Roll	16 Hamburger on a Bun Mixed Vegetables Mixed Fruit
19 Pizza Broccoli Oranges	20 Beef Tacos Lettuce, Tomato and Cheese Pineapple	21 Chicken and Rice Casserole Peas and Carrots Apples	22 Egg Bake Green Beans Nectarines	23 Ham and Cheese Macaroni Mixed Vegetables Mixed Fruit
26 Pizza Cucumbers Bananas	27 Spinich Ravioli Broccoli Strawberries	28 Meatball Subs Carrots Melon	29 Ham and Cheese Roll-Ups Zucchini Pineapple	30 Luther: Turkey Sandwiches Fruit Vegetable Mendota Heights Closed For Students

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.

Fresh Fruit - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.