



September 2022

Lunch K-8



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Lunch: \$2.00
 Reduced: \$0.40
 Milk: \$0.50

***Menu Subject to change**

***This institute is an equal opportunity employer.**



Pomerene School Lunch Menu K-8



				1 Turkey Sandwich w/wo Cheese and Chips Fruit/ Vegetables Milk Early Dismissal	2 NO SCHOOL	3
4 Nutrition requirements: Main Dish Grain/ Meat or Meat alternative: Min. 1oz daily	5 NO SCHOOL	6 Pepperoni Pizza Fruit/ Vegetables Milk	7 Stir Fry Fajitas Chicken, Squash and Corn Fruit/ Vegetables Milk	8 Spaghetti Roll Fruit/ Vegetables Milk	9 Corn Dog Baked Beans French Fries Fruit/ Vegetables Milk Away Game	10
11 Fruit Choice: Min. 1/2c daily Vegetable Choice: Min. 1/2c daily	12 BBQ Pork on Nachos and Cheese Fruit/ Vegetables Milk	13 Fish Sticks Tater Tots Fruit/ Vegetables Milk	14 Chic' Penne Black Beans Fruit/ Vegetables Milk Home Game	15 Beef Soft Tacos Fruit/ Vegetables Milk	16 Ham Sandwich w/wo Cheese Fruit/ Vegetables Milk Away Game	17
18 Starchy, Beans/Peas, other 1/2c daily. Red/ Orange 3/4c Wk. Drink Choice: Min. 1 Fl oz daily. Milk must be offered.	19 Beef Stroganoff Mashed Potatoes Fruit/ Vegetables Milk	20 Oodles of Noodles Fruit/ Vegetables Milk	21 Chicken Curry Casserole Fruit/ Vegetables Milk	22 Hot Dog Ranch Beans Fruit/ Vegetables Milk Away Game	23 PB& Jelly Plain Chips Fruit/ Vegetables Milk	24
	25 Chicken Patty Sandwich Baked Beans Fruit/ Vegetables Milk	26 Hamburger w/wo Cheese French Fries Fruit/ Vegetables Milk	27 Roasted Fish Crispy Slaw Wrap Fruit/ Vegetables Milk	28 Cheese Pizza Fruit/ Vegetables Milk Early Dismissal	29 Bean Burro Fruit/ Vegetables Milk Early Dismissal Away Game	30 Early Dismissals Out at 12:15 P.M.