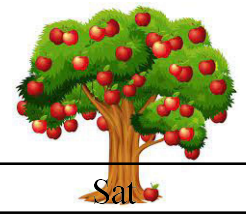


September 2023

K-8 Lunch Menu.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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*Menu subject to change
 *This is an equal opportunity employer.
 Pomerene School Lunch Menu K-8



					1 NO SCHOOL	2
3 Nutrition requirements: Main Dish Grain/ Meat or Meat alternative: Min. 1oz daily	4 NO SCHOOL	5 Mac and Beef Breadstick Fruit/ Vegetables Milk	6 Hawaiian Pizza Fruit/ Vegetables Milk	7 Hamburger W/WO cheese French Fries Fruit/ Vegetables Milk	8 Beef, Bean and Rice Burrito Fruit/ Vegetables Milk	9 Lunch: \$2.00 Reduced: \$0.40 Milk: \$0.50 
10 Fruit Choice: Min. 1/2c daily Vegetable Choice: Min. 1/2c daily	11 Chicken Nuggets French Fries Fruit/ Vegetables Milk	12 Beef Stroganoff Corn Fruit/ Vegetables Milk	13 Spaghetti Garlic Bread Fruit/ Vegetables Milk	14 BBQ Pulled Pork Nachos/ Beans Fruit/ Vegetables Milk	15 PB & J Pretzels Fruit/ Vegetables Milk	16
17 Starchy, Beans/Peas, other 1/2c daily. Red/ Orange 3/4c Wk.	18 Salisbury Steak Mashed potatoes Fruit/ Vegetables Milk	19 Chicken Patty Sandwich/ Beans Fruit/ Vegetables Milk	20 Hot dog French Fries Fruit/ Vegetables Milk	21 Cheese Pizza Fruit/ Vegetables Milk	22 Turkey Sandwich Chips Fruit/ Vegetables Milk	23
24 Drink Choice: Min. 1 Fl oz daily. Milk must be offered.	25 Ravioli Roll Fruit/ Vegetables Milk	26 Turkey Tacos Rice Fruit/ Vegetables Milk	27 Taquitos Refried Beans Fruit/ Vegetables Milk	28 Chicken Patty Sandwich/ F. Fries Fruit/ Vegetables Milk Out @ 12:15	29 Corn dog Chips Fruit/ Vegetables Milk Out @ 12:15	30 