AFTER SCHOOL SUPPER MENU MIDDLE & HIGH SCHOOL OCTOBER 2022 Hot

New Regulations: Fruit & Vegetable are Separate Groups

2 M/MA; 1 Grain; ¼ c Fruit, ½ c Veg; 1 Milk

	Marie Berger	WEEK 1		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Chicken Patty	WG Cheese Pizza	(5) Chicken WG Nuggets	Cheeseburger on WG Bun	(5) Spicy Chik'n Nuggets
on WG Bun	Marinara Cup	Baby Carrots	2 slices Tomato	w/ WG Dinner Roll
Fresh / 1/2 c Canned Fruit	4 oz Apple Juice	4 oz. Orange Juice	1/4 c Lettuce	Fresh / 1/2 c Canned Fruit
4 oz. Veggie Juice	AND/OR	AND/OR	4 oz. Apple Juice	4 oz. Veggie Juice
AND/OR	Daily Alternate	Daily Alternate	AND/OR	AND/OR
Daily Alternate			Daily Alternate	Daily Alternate
		WEEK 2		SECTION OF THE SECTIO
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken WG Drumstick	Hamburger on WG Bun	(4) sl. Turkey & (2) sl. Cheese	(3) Spicy Chicken Tenders	Turkey Beef Pepperoni WG
w/ WG Dinner Roll	2 slices Tomato	Sub Sandwich	Fresh 11/2 c Canned Fruit	Stuffed Sandwich IW
Fresh/ 1/2 c Canned Fruit	¼ c Lettuce	2 slices Tomato	4 oz. Veggie Juice	Fresh / 1/2 c Canned Fruit
4 oz. Veggie Juice	4 oz. Apple Juice	¼ c Lettuce	AND/OR	4 oz. Veggie Juice
AND/OR	AND/OR	4 oz. Orange Juice	Daily Alternate	AND/OR
Daily Alternate	Daily Alternate	AND/OR		Daily Alternate
		Daily Alternate		
		WEEK 3		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(5) Chicken WG Nuggets	WG Cheese Pizza	WG Chicken Patty	(4) Turkey Ham & (2) Cheese	(5) Spicy Chik'n Nuggets
Fresh/1/2 cup Canned Fruit	Marinara Cup	on WG Bun	Sub Sandwich	w/ WG Dinner Roll
4 oz. Veggie Juice	4 oz Apple Juice	Baby Carrots	2 slices Tomato	Fresh / 1/2 c Canned Fruit
AND/OR	AND/OR	4 oz. Orange Juice	¼ c Lettuce	4 oz. Veggie Juice
Daily Alternate	Daily Alternate	AND/OR	4 oz. Orange Juice	AND/OR
		Daily Alternate	AND/OR	Daily Alternate
			Daily Alternate	
		WEEK 4		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken WG Drumstick	Cheeseburger on WG Bun	(4) sl. Turkey & (2) sl. Cheese	(3) Spicy Chicken Tenders	Turkey Beef Pepperoni WG
w/ WG Dinner Roll	2 slices Tomato	Sub Sandwich	Baby Carrots	Stuffed Sandwich IW
Fresh/ 1/2 c Canned Fruit	1/4 c Lettuce	2 slices Tomato	4 oz. Apple Juice	Fresh/ 1/2 c Canned Fruit
4 oz. Veggie Juice	Fresh/Canned Fruit	1/4 c Lettuce	AND/OR	4 oz. Veggie Juice
AND/OR	AND/OR	4 oz. Orange Juice	Daily Alternate	AND/OR
Daily Alternate	Daily Alternate	AND/OR		Daily Alternate
Daily Later and		Daily Alternate		
AILY CHOICES		S. Constitution of the Con	STATE OF THE PARTY	
	s, WG Grahams, 4 oz. Veggie Juice	and Fresh/1/2 c. Canned Fruit		
	s, 1 Tostitos Scoops, Salsa Cup, and			
	er Cups, 1 Tostitos Scoops, and Cele			
MILK	MILK	MILK	MILK	MILK
ASSORTED CONDIMENTS	ASSORTED CONDIMENTS	ASSORTED CONDIMENTS	ASSORTED CONDIMENTS	ASSORTED CONDIMENTS
SORIED CONDINIENTS	ASSORTED CONDINIENTS	ASSOCIED COMPINENTS	ABSORTED COMPINERATS	AGGORTED COMPLINE