

DEXTER ATTENDANCE CENTER



## **MEAL PRICING:**

Lunch Full Price Reduced Lunch Price Milk Only \$2.75

\$.40 \$.75

# LUNCH MENU

## August-December 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Beef Soft Fiesta Rice Mixed Vegetables Fruit of the Day	Hamburger Cheeseburger w/ Trimmings Potato Wedges Whole Kernel Corn Fruit of the Day	Pulled Pork on Bun Baked Beans Potato Salad Seasoned Broccoli Fruit of the Day	Lasagna Cheesy Breadsticks Garden Salad w/Dressing Mexican Corn Fruit of the Day	Chicken Nuggets Yeast Roll Mac & Cheese Green Beans Peas & Carrots Fruit of the Day
2	Cheese Pizza Pepperoni Pizza Crinkle Cut Fries Broccoli Fruit of the Day	Corn Dog Steamed Broccoli Glazed Carrots Fruit of the Day	Country Fried Steak w/ Gravy Mashed Potatoes Green Peas Black-Eyed Peas Wheat Roll Fruit of the Day	Mandarin Chicken Stir Fried Rice Mixed Vegetables Wheat Roll Fruit of the Day	Fish Sandwich Potato Wedges Cole Slaw Baked Beans Fruit of the Day
3	Hamburger Steak w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit of the Day	Stromboli Supreme Fresh Garden Salad Italian Seasoned Carrots Fruit of the Day	Cheesy Chicken over Rice Seasoned Broccoli Honey Glazed Carrots Yeast Roll Fruit of the Day	Beef Soft Taco Mexicali Corn Herbed Broccoli & Cauliflower Fruit of the Day	Cheese Pizza Pepperoni Pizza Crinkle Cut Fries Broccoli Fruit of the Day
4	Chicken & Sausage Jambalaya Whole Kernel Corn Green Beans Wheat Roll Fruit of the Day	Beef Tips over Rice Seasoned Broccoli Crinkle Carrots Fruit of the Day	Barbecue Chicken Southern Mustard Greens Yam Patties Cornbread Fruit of the Day	Fish Sticks Green Beans Mashed Potatoes Wheat Roll Fruit of the Day	Hamburger Cheeseburger w/ Trimmings Potato Wedges Whole Kernel Corn Fruit of the Day

# OTHER DAILY SELECTIONS:

Chef Salad Chicken Salad Tuna Salad



#### SNACKS

We offer a variety of a la carte snack items in our cafeterias.





### **Beverages** 100% Juice \$1.00 12oz Water \$1.00

Low Fat/ Fat Free Milk Fruit Juice

\*\* Offered Daily\*\*

#### **NUTRITION BITES:**

#### Menus are subject to change due to the availability of food.

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch<sup>1</sup>.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.<sup>2</sup>

August 2024									
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	December 2024									
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Week 1 Meal Plan

Week 2 Meal Plan





