

APRIL

Apr 7th - May 2nd
 Week #1: 7th - 11th
 Week #2: 14th - 18th
 Week #3: 21st - 25th
 Week #4: 28th - 2nd

4TH - 8TH Grade Food Court Menu

Choose **THREE OR MORE** **COLORS** for a complete meal. One must be **RED** or **GREEN**.

				
meat/meat alternative	grain	vegetable	fruit*	milk





Hot Entrees

Choose from several fruit and veggie choices daily

BIG DADDY'S CHEESE PIZZA



Big Daddy's Pepperoni Pizza

Buff-A-Burger

100% all beef burger w/american cheese on a WGR bun.



				
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French Toast Breakfast Platter

Served with Chicken Sausage & Hash Brown !!

				
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Hot Diggity Dog !!!



				
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Cold Entrees

Choose from several fruit and veggie choices daily



Sliced apples w/peanut butter, cheesestick, WGR tortilla chips and salsa ***Gluten Free**

				Grab a milk for all 5 food
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PEANUT BUTTER & JELLY



				
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Salad

Romaine lettuce served w/ grape tomatoes, Turkey, Ham, Shredded Cheddar, ranch dressing & WG Goldfish

				
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Turkey & Cheese Sandwich



				
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Grilled Chicken Caesar Salad

Romaine Lettuce with Grilled chicken, grated parmesan, croutons & caesar dressing

				
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Weekly Special

Choose from several fruit and veggie choices daily

CHICKEN ALFREDO



GRILLED CHICKEN BREAST, HOMEMADE ALFREDO SAUCE OVER PENNE PASTA

Week #1 & 2

				
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Grilled Chicken Caesar Wrap

Grilled Chicken Breast, Romaine lettuce & grated parmesan cheese



Week #3 & 4

				
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Students can choose 1% white **milk** -or- non-fat chocolate milk (1 cup eq)

*All fruits are served as 1/2 cup servings. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A **food component** is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk*

A **food item** is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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 Office of the Assistant Secretary for Civil Rights
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 (833) 256-1665 or (202) 690-7442; or
 email:
 Program.Intake@usda.gov

This institution is an equal opportunity provider.



What Makes A LUNCH

SELECT 3-5 ITEMS:



GRAINS

PROTEIN

VEGGIE

FRUIT

one must be a

FRUIT

or

VEGGIE