

2023-24 Grab-n-Go Cold Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
PreK	<p>Nacho Dippers 3 M/MA / 1 WGR</p> <p style="text-align: center;">1/4 c Cucumbers</p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p>Cold Sandwich / Wrap Choice 2 M/MA / 2 WGR</p> <p style="text-align: center;">1/4 c Fresh Veggie Cup</p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p>PBJ Sandwich 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR</p> <p>Cheese Stick or Cubes 1 M/MA</p> <p style="text-align: center;">1/4 c Vegetable Choice</p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p>Build Your Own Pizza 3 M/MA / 2 WGR / 1/2 c VR</p> <p style="text-align: center;">1/4 c Broccoli</p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p>Ham / Turkey & Cheese Stack 2.5 M/MA / 2 WGR</p> <p style="text-align: center;">1/4 c Red Bell Pepper or Tomato Cup</p> <p>1/4 c Diced or Sliced Fruit Milk</p>
K-8 and 9-12	<p>Nacho Dippers 3 M/MA / 2 WGR</p> <p style="text-align: center;">1/2 c Cucumbers</p> <p style="text-align: center;">1/2 c Baby Carrots</p> <p style="text-align: center;">1/4 c Salsa</p> <p>1/2 c Fruit Milk Variety</p>	<p>Cold Sandwich / Wrap Choice 2 M/MA / 2 WGR</p> <p style="text-align: center;">Multigrain Chips 1 WGR</p> <p style="text-align: center;">1/2 c Fresh Veggie Cup</p> <p style="text-align: center;">1/2 c Corn Salad</p> <p>1/2 c Fruit Milk Variety</p>	<p>PBJ Sandwich 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR</p> <p>Cheese Stick or Cubes 1 M/MA</p> <p>Goldfish Crackers 1 WGR</p> <p style="text-align: center;">1/2 c Baby Carrots</p> <p style="text-align: center;">1/2 c Celery Sticks</p> <p>1/2 c Fruit Milk Variety</p>	<p>Build Your Own Pizza 3 M/MA / 2 WGR / 1/2 c VR</p> <p>Cheese Stick or Cubes 1 M/MA</p> <p style="text-align: center;">1/2 c Broccoli</p> <p style="text-align: center;">1/2 c Corn Salad</p> <p>1/2 c Fruit Pudding Cup Milk Variety</p>	<p>Ham / Turkey & Cheese Stack 2.5 M/MA / 2 WGR</p> <p style="text-align: center;">1/2 c Red Bell Pepper or Tomato Cup</p> <p style="text-align: center;">1/2 c Pinto Bean Salad or Hummus Cup</p> <p>1/2 c Fruit Grain Based Dessert Milk Variety</p>
Additional for 9-12	<i>1/2 c 100% Fruit Juice</i>	<i>1/2 c 100% Fruit Juice</i>	<i>1/2 c 100% Fruit Juice</i>	<i>1/2 c 100% Fruit Juice</i>	<i>1/2 c 100% Fruit Juice</i>
<p>This Cold Grab-n-Go Lunch menu is to be used <i>in addition</i> to the Cycle Menu. When used, information should be recorded on the Food Production Record.</p>					