

# Sack Lunch Cycle Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
PreK	<p><b>Deli Sandwich</b> 2 MMA / 2 WGR</p> <p><b>1/2 c Sandwich Salad</b> 1/4 c VDG</p> <p><b>Tortilla or Corn Chips</b> 1 WGR</p> <p><b>1/4 c Fruit Milk</b></p>	<p><b>PBJ Sandwich</b> 1 MMA / 2 WGR or 1 MMA / 1 WGR</p> <p><b>Cheese Stick</b> 1 M/MA</p> <p><b>1/4 c Vegetable Choice</b></p> <p><b>1/4 c Fruit Milk</b></p>	<p><b>Deli Sandwich</b> 2 MMA / 2 WGR</p> <p><b>1/2 c Sandwich Salad</b> 1/4 c VDG</p> <p><b>Multigrain Chips</b> 1 WGR</p> <p><b>1/4 c Fruit Milk</b></p>	<p><b>PBJ Sandwich</b> 1 MMA / 2 WGR or 1 MMA / 1 WGR</p> <p><b>Cheese Stick</b> 1 M/MA</p> <p><b>1/4 c Vegetable Choice</b></p> <p><b>1/4 c Fruit Milk</b></p>	<p><b>Deli Sandwich</b> 2 MMA / 2 WGR</p> <p><b>1/2 c Sandwich Salad</b> 1/4 c VDG</p> <p><b>Tortilla or Corn Chips</b> 1 WGR</p> <p><b>1/4 c Fruit Milk</b></p>
K-8	<p><b>Deli Sandwich</b> 2 MMA / 2 WGR</p> <p><b>1/2 c Sandwich Salad</b> 1/4 c VDG</p> <p><b>1/2 c Cucumbers</b></p> <p><b>Bean Dip</b> 1/4 c VL</p> <p><b>Tortilla or Corn Chips</b> 1 WGR</p> <p><b>1/2 c Fruit Milk Variety</b></p>	<p><b>PBJ Sandwich</b> 1 MMA / 2 WGR or 1 MMA / 1 WGR</p> <p><b>Cheese Stick</b> 1 M/MA</p> <p><b>1/2 c Baby Carrots</b></p> <p><b>1/2 c Celery Sticks</b></p> <p><b>Animal Crackers</b> 1 WGR</p> <p><b>1/2 c Fruit Milk Variety</b></p>	<p><b>Deli Sandwich</b> 2 MMA / 2 WGR</p> <p><b>1/2 c Sandwich Salad</b> 1/4 c VDG</p> <p><b>1/2 c Fresh Veggie Cup</b> 1/4 c VR / 1/4 c VO</p> <p><b>Multigrain Chips</b> 1 WGR</p> <p><b>1/2 c Fruit Milk Variety</b></p>	<p><b>PBJ Sandwich</b> 1 MMA / 2 WGR or 1 MMA / 1 WGR</p> <p><b>Cheese Stick</b> 1 M/MA</p> <p><b>1/2 c Baby Carrots</b></p> <p><b>1/2 c Jicama Sticks</b></p> <p><b>Goldfish Crackers</b> 1 WGR</p> <p><b>1/2 c Fruit Milk Variety</b></p>	<p><b>Deli Sandwich</b> 2 MMA / 2 WGR</p> <p><b>1/2 c Sandwich Salad</b> 1/4 c VDG</p> <p><b>1/2 c Cucumbers</b></p> <p><b>Bean Dip</b> 1/4 c VL</p> <p><b>Tortilla or Corn Chips</b> 1 WGR</p> <p><b>1/2 c Fruit Milk Variety</b></p>
Add'l for 9-12	<b>1/2 c Fruit Juice</b>	<b>1/2 c Fruit Juice</b>	<p><b>1/2 c Celery Sticks</b></p> <p><b>1/2 c Fruit Juice</b></p>	<b>1/2 c Fruit Juice</b>	<b>1/2 c Fruit Juice</b>

This Sack Lunch menu is to be used in addition to the Cycle Menu.  
When used, information should be recorded on the Food Production Record.