

# Grab-n-Go Cold Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
PreK	<p><b>Nacho Dippers</b> 3 M/MA / 1 WGR</p> <p><b>1/4 c Cucumbers</b></p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p><b>Deli Sandwich</b> 2 M/MA / 2 WGR</p> <p><b>1/4 c Fresh Veggie Cup</b></p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p><b>PBJ Sandwich</b> 1 M/MA / 2 WGR or 1 M/MA / 1 WGR <b>Cheese Stick or Cubes</b> 1 M/MA</p> <p><b>1/4 c Carrots</b></p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p><b>Build Your Own Pizza</b> 3 M/MA / 2 WGR / <b>1/2 c VR</b></p> <p><b>1/4 c Broccoli</b></p> <p>1/4 c Diced or Sliced Fruit Milk</p>	<p><b>Ham/Turkey &amp; Cheese Stack</b> 2.5 M/MA / 2 WGR</p> <p><b>1/4 c Red Bell Peppers or Tomato Cup</b></p> <p>1/4 c Diced or Sliced Fruit Milk</p>
K-8	<p><b>Nacho Dippers</b> 3 M/MA / 2 WGR</p> <p><b>1/2 c Cucumbers</b></p> <p><b>1/2 c Baby Carrots</b></p> <p><b>1/4 c Salsa</b></p> <p>1/2 c Fruit Grain Based Dessert Milk Variety</p>	<p><b>Deli Sandwich</b> 2 M/MA / 2 WGR</p> <p><b>Multigrain Chips</b> 1 WGR</p> <p><b>1/2 c Sandwich Salad (Optional)</b> <b>1/4 c VDG</b></p> <p><b>1/2 c Corn Salad</b> <b>3/8 c VS / 1/8 c VR</b></p> <p><b>1/2 c Fresh Veggie Cup</b></p> <p>1/2 c Fruit Milk Variety</p>	<p><b>PBJ Sandwich</b> 1 M/MA / 2 WGR or 1 M/MA / 1 WGR <b>Cheese Stick or Cubes</b> 1 M/MA <b>Goldfish Crackers</b> 1 WGR</p> <p><b>1/2 c Baby Carrots</b></p> <p><b>1/2 c Celery Sticks</b></p> <p>1/2 c Fruit Milk Variety</p>	<p><b>Build Your Own Pizza</b> 3 M/MA / 2 WGR / <b>1/2 c VR</b></p> <p><b>1/2 c Broccoli</b></p> <p><b>1/2 c Corn Salad</b> <b>3/8 c VS / 1/8 c VR</b></p> <p>1/2 c Fruit Pudding Cup Milk Variety</p>	<p><b>Ham/Turkey &amp; Cheese Stack</b> 2.5 M/MA / 2 WGR</p> <p><b>1/2 c Red Bell Pepper Strips or Tomato Cup</b></p> <p><b>1/2 c Pinto Bean Salad or Hummus Cup</b></p> <p>1/2 c Fruit Grain Based Dessert Milk Variety</p>
Add'l for 9-12	1/2 c Fruit Juice	1/2 c Fruit Juice	1/2 c Fruit Juice	1/2 c Fruit Juice	1/2 c Fruit Juice

This Cold Grab-n-Go Lunch menu is to be used in addition to the Cycle Menu.  
When used, information should be recorded on the Food Production Record.