

June 2022

Mid-Atlantic Regional Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Sloppy Joe Sandwich</b> Roasted Broccoli (1/2 cup)  Apples* Skim/1% Milk	<b>Greek Chicken</b> with Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	<b>Hot Dog on Whole Grain Bun</b> Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup)*  100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk
<b>BBQ Chicken Sandwich</b> Black Beans (K-8: 3/4 cup; 9-12: 1 cup)*  Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	<b>Pasta with Meatsauce</b> Seasoned Broccoli (1/2 cup)  100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk	<b>Lemon Herb Chicken</b> with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)* Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Apples* Skim/1% Milk	<b>Southwest Turkey Rice Bowl*</b> with fajita peppers & onions (1/2 cup) Steamed Corn* (1/2 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	<b>Cheese Pizza</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup)*  100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk
<b>Breakfast for Lunch: Waffles &amp; Egg*</b> Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup)  Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	<b>Cheesy Baked Ziti</b> Seasoned Broccoli (1/2 cup)  100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk	<b>Chicken Patty Sandwich</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup)*  Apples* Skim/1% Milk	<b>Turkey &amp; Cheese Melt</b> Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup)  Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	<b>Jerk Chicken</b> with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)* Black Beans (K-8: 3/4 cup; 9-12: 1 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk
<b>Hot Dog on Whole Grain Bun</b> Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup)  Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	<b>Fajita Chicken Rice Bowl*</b> with fajita peppers & onions (1/2 cup) Black Beans (1/2 cup)* 100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk	<b>Pasta with Meatsauce</b> Seasoned Broccoli (1/2 cup)  Apples* Skim/1% Milk	<b>Dry Rub BBQ Chicken &amp; Biscuit</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup)*  Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	<b>Cheese Pizza</b> Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup)*  100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk
<b>Chicken Nuggets</b> WG Biscuit (9-12 only) Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	<b>Sloppy Joe Sandwich</b> Roasted Broccoli (1/2 cup)  100% juice (K-8) 100% juice & Raisins (9-12) Skim/1% Milk	<b>Greek Chicken</b> with Red Rice (K-8: 1/2 cup; 9-12: 1 cup)* Black Beans (K-8: 3/4 cup; 9-12: 1 cup)* Apples* Skim/1% Milk	<b>Breakfast for Lunch: Pancakes &amp; Egg*</b> Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup)  Oranges (K-8) Oranges & Raisins (9-12) Skim/1% Milk	

Items with \* are locally purchased

This institution is an equal opportunity provider.

NOTE: Menu subject to change