

## EAST ALTON DISTRICT #13 - 6 WEEK CYCLE LUNCH MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrients	K-8
					Calories	
<b>Meal Plan #1</b> Hamburger on Bun Romaine Lettuce Leaf and Tomato Slice Golden Corn Peaches Milk Choice	<b>Meal Plan #2</b> Chicken Noodle Soup Bosco Cheese Stick Carrot & Celery Sticks Fruit Cocktail Milk Choice	<b>Meal Plan #3</b> Soft Shell Taco Lettuce & Tomato Cup Salsa Refried Beans Mandarin Oranges Milk Choice	<b>Meal Plan #4</b> Chicken Patty on WG Bun Ranch Dressing Garden Salad Sweet Potato Mini Puffs Chilled Pineapple Milk Choice	<b>Meal Plan #5</b> Cheese Pizza Crunchers Marinara Dipping Sauce Green Beans Pears Milk Choice	<b>Calories</b>  <b>Sodium (Mg)</b> % of <b>Calories - Sat. Fat</b>	671  1099  6.89%
<b>Meal Plan #6</b> Meatball Sub Sandwich Sweet Potato Fries Chilled Tropical Fruit Bug Bite Grahams Milk Choice	<b>Meal Plan #7</b> Poppin' Chicken Bowl Chilled Peaches Chocolate Chip Cookie Milk Choice	<b>Meal Plan #8</b> Chili Cornbread muffin Carrots/Celery Ranch Dip Applesauce Milk Choice	<b>Meal Plan #9</b> Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Frozen 100% Juice Cup Milk Choice	<b>Meal Plan #10</b> Chicken/Chz Quesadilla Broccoli Chips & Salsa Orange Smiles Rice Chex Bars Milk Choice	<b>Calories</b>  <b>Sodium (Mg)</b> % of <b>Calories - Sat. Fat</b>	677  1195  9.51%
<b>Meal Plan #11</b> Goldfish Grilled Cheese Tomato Soup Carrot & Celery Sticks Ranch Dip Applesauce Milk Choice	<b>Meal Plan #12</b> BBQ Rib on WG Bun Spicy Pinto Beans Pretzels Rosy Applesauce Milk Choice	<b>Meal Plan #13</b> Homemade Chicken Pot Pie Green Beans Chilled Fruit Cocktail Milk Choice	<b>Meal Plan #14</b> Toasted Ravioli Corn Peaches Milk Choice	<b>Meal Plan #15</b> Pizza Garden Salad Pineapple Cookies Milk Choice	<b>Calories</b>  <b>Sodium (Mg)</b> % of <b>Calories - Sat. Fat</b>	617  1209  9.92%
<b>Meal Plan #16</b> Chicken Rings Golden Corn Pretzels Chilled Fruit Cocktail Milk Choice	<b>Meal Plan #17</b> Tater Tot Casserole Steamed Carrots Chewy Granola Bar Chilled Pineapple Milk Choice	<b>Meal Plan #18</b> Mandarin Chicken Rice Oriental Vegetables Fresh Grapes Pudding Milk Choice	<b>Meal Plan #19</b> Turkey Hot Dog Carrot & Celery Sticks Baked Beans Mandarin Oranges Milk Choice	<b>Meal Plan #20</b> Cheese Bosco Sticks Marinara Sauce Broccoli Chilled Pears Milk Choice	<b>Calories</b>  <b>Sodium (Mg)</b> % of <b>Calories - Sat. Fat</b>	605  1116  8.69%
<b>Meal Plan #21</b> Mini Corn Dogs Baked Beans Sweet Potato Fries Pineapple Milk Choice	<b>Meal Plan #22</b> Chicken Nuggets BBQ Dipping Sauce Potatoes & Gravy Green Beans Frozen 100% Juice Cup Milk Choice	<b>Meal Plan #23</b> Pizza Bosco Sticks Side Taco Salad Bubblegum Pears Rice Chex Bars Milk Choice	<b>Meal Plan #24</b> Tony's Beef Fiestada Golden Corn Pretzels Orange Smiles Milk Choice	<b>Meal Plan #25</b> Turkey Sandwich Carrot Sticks & Dip Doritos Apple Slices Milk Choice	<b>Calories</b>  <b>Sodium (Mg)</b> % of <b>Calories - Sat. Fat</b>	618  1165  7.81%
<b>Meal Plan #26</b> Fish Tacos Refried Beans Orange Smiles Milk Choice	<b>Meal Plan #27</b> Breakfast for Lunch Scrambled Eggs Turkey Sausage Patty Potato Rounds Toast/Jelly Peaches Milk Choice	<b>Meal Plan #28</b> WG Pepperoni Pizza Fresh Cucumbers & Cherry Tomatoes Chilled Applesauce Pretzels Milk Choice	<b>Meal Plan #29</b> BBQ Chicken on WG Bun Sweet Potato Fries Chilled Pears Milk Choice	<b>Meal Plan #30</b> WG Spaghetti & Meat Sauce Garlic Toast Garden Salad Pineapple Milk Choice	<b>Calories</b>  <b>Sodium (Mg)</b> % of <b>Calories - Sat. Fat</b>	588  1076  6.49%