

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrients	
						K-8
Meal Plan # 1 Hamburger on Bun Lettuce and Tomato Slice Golden Corn Peaches Milk Choice	Meal Plan # 2 Chicken Noodle Soup Bosco Cheese Stick Carrot & Celery Sticks Fruit Cocktail Milk Choice	Meal Plan # 3 Taquito w/Salsa Refried Beans Mandarin Oranges Graham Snacks Milk Choice	Meal Plan # 4 Chicken Patty on Bun Salad w/Dressing Sweet Potato Mini Puffs Chilled Pineapple Milk Choice	Meal Plan # 5 Garlic Chez Bread Pizza Marinara Dipping Sauce Green Beans Bubblegum Pears Milk Choice	Calories Sodium (Mg) % of Calories - Sat. Fat	675 1171 5.89%
Meal Plan # 6 Meatball Sub Sandwich Sweet Potato Fries Chilled Tropical Fruit Bug Bite Grahams Milk Choice	Meal Plan # 7 Tony's Beef Fiestada Golden Corn Pretzels Bubblegum Pears Milk Choice	Meal Plan # 8 Chili & Cornbread Carrots & Dip Applesauce Milk Choice	Meal Plan # 9 Meat Loaf Au Gratin Potatoes Green Beans Dinner Roll Frozen 100% Juice Cup Milk Choice	Meal Plan # 10 Chicken/Chz Quesadilla Broccoli Orange Smiles Rice Chex Bars Milk Choice	Calories Sodium (Mg) % of Calories - Sat. Fat	670 1184 9.98%
Meal Plan # 11 Pizza Salad w/Dressing Celery Sticks Pineapple Cookies Milk Choice	Meal Plan # 12 Chicken Nuggets BBQ Dipping Sauce Potatoes & Gravy Frozen Fruit Cup Milk Choice	Meal Plan # 13 Homemade Chicken Pot Pie Green Beans Chilled Fruit Cocktail Milk Choice	Meal Plan # 14 Toasted Ravioli Corn Dinner Roll Peaches Frozen Yogurt Milk Choice	Meal Plan # 15 Grilled Cheese Tomato Soup Carrots w/Ranch Pears Milk Choice	Calories Sodium (Mg) % of Calories - Sat. Fat	644 1356 9.38%
Meal Plan # 16 Chicken Rings Corn Pretzels Chilled Fruit Cocktail Milk Choice	Meal Plan # 17 Tater Tot Casserole Steamed Carrots Dinner Roll Chewy Granola Bar Chilled Pineapple Milk Choice	Meal Plan # 18 Mandarin Chicken Rice Oriental Vegetables Fresh Grapes Pudding Milk Choice	Meal Plan # 19 Hot Dog on Bun Carrot & Celery Sticks Baked Beans Mandarin Oranges Milk Choice	Meal Plan # 20 Cheese Bosco Sticks Marinara Sauce Broccoli Chilled Pears Milk Choice	Calories Sodium (Mg) % of Calories - Sat. Fat	609 1059 7.63%
Meal Plan # 21 Mini Corn Dogs Baked Beans Potato Smiles Pineapple Milk Choice	Meal Plan # 22 Pizza Bosco Sticks Side Salad Pretzels Bubblegum Pears Milk Choice	Meal Plan # 23 Poppin' Chicken Mash Potato/Gravy Corn Chilled Peaches Cookies Milk Choice	Meal Plan # 24 BBQ Rib on Bun Carrot & Celery sticks Macaroni & Cheese Rosy Applesauce Milk Choice	Meal Plan # 25 Lasagna Roll-up Peas & Carrots Dinner Roll Peaches Milk Choice	Calories Sodium (Mg) % of Calories - Sat. Fat	690 1573 7.10%
Meal Plan # 26 WG Spaghetti & Meat Sauce Cheesy Bread Stick Garden Salad Pineapple Milk Choice	Meal Plan # 27 Nachos Supreme Refried Beans Orange Smiles Milk Choice	Meal Plan # 28 <u>Breakfast for Lunch</u> Scrambled Eggs Sausage Patty Potato Rounds Toast/Jelly Peaches Milk Choice	Meal Plan # 29 BBQ Chicken on Bun Sweet Potato Fries Chilled Pears Cookie Milk Choice	Meal Plan # 30 Big Daddy Pizza Fresh Cucumbers & Cherry Tomatoes Strawberry Applesauce Rice Chex Bar Milk Choice	Calories Sodium (Mg) % of Calories - Sat. Fat	636 1357 8.65%

Revised 5/15/19