

The afterschool dinner menus are consistent with the Dietary Guidelines for Americans. We offer all **whole grain rich bread products** and a variety of fruits and vegetables weekly. In addition, we offer **1% plain milk and fat free flavored milk**. All salad dressings are either **low-fat or non-fat**. Water is available with all meals.

**Meal Includes:** One Entrée, One or More Sides and Milk.



Fueling Student Performance Through Healthy Dining

by **sodexo**

## Fall 2020 Grab & Go Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Midlands STEM Charter School supplies the Milk				
<b>Note: This Menu is Subject</b>	<b>To Change Due to Product</b>	<b>Availability.</b>		
January 4	5	6	7	8
	Chicken Sandwich Fries Fruit	Hamburger Beans Fruit	Corn Dog Fries Fruit	Deli Sandwich Carrot Sticks Fruit
11	12	13	14	15
Hamburger Fries Fruit	Chicken Sandwich Fries Fruit	Chicken Stir Fry w/ Rice Broccoli Fruit	Cheese Pizza Corn Fruit	Deli Sandwich Carrot Sticks Fruit
18	19	20	21	22
Hamburger Fries Fruit	Chicken Sandwich Beans Fruit	Spaghetti w/ Meat Sauce Bread Stick Corn Fruit	Cheese Pizza Green Beans Fruit	Deli Sandwich Carrots Fruit
25	26	27	28	29
Hamburger Fries Fruit	Chicken Sandwich Beans Fruit	Chicken Stir Fry w/ Rice Broccoli Fruit	Cheese Pizza Green Beans Fruit	Deli Sandwich Carrots Fruit

PORTION SIZES: MILK: 8 OZ ALL ENTREES ARE 1 EACH AND CONTAIN 2 OZ GRAIN / 2 OZ MEAT / MEAT ALT

FRUIT AND VEGETABLES SIDES: 4 OZ. EXCEPT SALAD: 1 CUP JUICE: 100% FRUIT JUICE 6 OZ.

This institution is an equal opportunity provider.