

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



Fueling Student Performance Through Healthy Dining

by **sodexo**

Midlands STEM Charter Lunch Menu – November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Sandwich (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Fries (1/2 cup)	2 ELECTION DAY NO SCHOOL	3 Chicken Alfredo (1 WGR, 2 Meat/MA) Roll (1 WGR) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	4 Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Sweet Potato Fries (1/2 cup)	5 Deli Turkey Sandwich (2 Meat/MA, 2 GR) Carrots (1/2 cup) Fruit (1/2 cup)
8 Hamburger (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Fries (1/2 cup)	9 BBQ Pork & Rice (2 WGR, 2 Meat/MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	10 Chicken Stir Fry w/ Rice (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Steamed Broccoli (1/2 cup)	11 Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Sweet Potato Fries (1/2 cup)	12 Uncrustables (2 Meat/MA, 2 GR) Carrots (1/2 cup) Fruit (1/2 cup)
15 Chicken Sandwich (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Fries (1/2 cup)	16 BBQ Sandwich (3 WGR, 2 Meat/MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	17 Chicken Alfredo (1 WGR, 2 Meat/MA) Roll (1 WGR) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	18 Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Sweet Potato Fries (1/2 cup)	19 Deli Turkey Sandwich (2 Meat/MA, 2 GR) Carrots (1/2 cup) Fruit (1/2 cup)
22 Hamburger (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Fries (1/2 cup)	23 THANKSGIVING HOLIDAY NO SCHOOL	24 THANKSGIVING HOLIDAY NO SCHOOL	25 THANKSGIVING HOLIDAY NO SCHOOL	26 THANKSGIVING HOLIDAY NO SCHOOL
29 Chicken Sandwich (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Fries (1/2 cup)	30 BBQ Pork Sandwich (2 WGR, 2 Meat/MA) Baked Beans (1/2 cup) Fruit (1/2 cup)			<u>Midlands STEM will provide Milk.</u> <u>Menu is Subject to Change</u> <u>Due to product availability.</u>

PORTION SIZES

MILK: 8 OZ
ALL ENTREES ARE 1 EACH AND CONTAIN 0.5 OZ GRAIN AND 1.5 OZ MEAT / MEAT ALTERNATIVE

FRUIT & VEGETABLE SIDES: 4 OZ

COMBINATION FOODS: SERVING SIZE 4 OZ

*YOGURT: 4 OZ. <23G OF SUGAR PER 6 OZ

**CEREALS: REDUCED SUGAR; <6 OZ PER DRY OZ; WHOLE GRAIN

This institution is an equal opportunity provider.