



March 2020 Alternative Meal Service

Bagged Lunch (serve as a complete meal, do not break down bags)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bag Lunch	Deli Turkey and Cheese Sub **or alternate Baby Carrots ½ cup Fruit Choice (½ cup) Milk (1) – 8 oz	Salami and Cheese Sandwich **or alternate Baby Carrots ½ cup Fruit Choice (½ cup) Milk (1) – 8 oz	Ham and Cheese Sub **or alternate Baby Carrots ½ cup Fruit Choice (½ cup) Milk (1) – 8 oz	Deli Turkey and Cheese Sandwich **or alternate Baby Carrots ½ cup Fruit Choice (½ cup) Milk (1) – 8 oz	Italian Sub **or alternate Baby Carrots ½ cup Fruit Choice (½ cup) Milk (1) – 8 oz

- **Alternate bag lunch entrée may include (or similar combo):**
 - Peanut Butter n Jelly Uncrustable or gramwich (with a protein booster AND a grain booster)
 - Salami and Cheese
 - Deli Turkey
 - Italian Sub
 - Ham and Cheese
 - Cheese Sandwich
 - Yogurt stick + protein booster w/ grain booster
- **Variety of fresh whole grain bread may include:**
 - Sliced Wheat Bread
 - Hamburger Roll
 - Sub Roll
 - Wrap
 - Croissant
 - Sandwiches prepared without lettuce and tomato. Lettuce/tomato in individual bags available; time tag.
- **Grain Boosters:**
 - Elf grahams
 - Scooby snacks
 - Sunchips (#41501 ONLY)
 - Heartzels/pretzel bag
 - Cheezits
 - Goldfish

- **Protein Boosters:**
 - Cheese stick
 - Cheese cubes
 - Sunflower seeds
 - Hard cooked egg
 - Yogurt cup
- **Milk (cow's milk – unflavored, chocolate, strawberry) will be sent with each lunch.**
 - Lactaid/lactose reduced milk available upon request.
 - Soy milk available for dairy-allergic children.
- **Vegetable choice – baby carrots**
- **Fruit choices may include**
 - Apples
 - Apple slices
 - Applesauce cup
 - Blueberries
 - Fruit Juice (apple, fruit blend, grape, orange)
 - Frozen fruit cup (peach, strawberry, mixed berry)
 - Frozen Whole Fruit Cup (J&J – orange pineapple, strawberry, watermelon)
 - Raisins