

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 – May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Midlands STEM will provide</b></p> <p><b>Milk.</b></p> <p><b>Menu is Subject to Change</b></p> <p><b>Due to product availability</b></p>		1	2	3
		Chicken Sandwich (1 WGR, 2 Meat/MA) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Carrots (1/2 cup)	Uncrustable (2 Meat/MA, 2GB) Broccoli (1/2 cup) Fruit (1/2 cup)
6	7	8	9	10
Corn Dog (2WGR, 2 MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	Hamburger (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Sweets Potato Fries ( 1/2 cup)	Chicken Sandwich (1 WGR, 2 Meat/MA) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Carrots (1/2 cup)	Uncrustable (2 Meat/MA, 2GB) Broccoli (1/2 cup) Fruit (1/2 cup)
13	14	15	16	17
Corn Dog (2WGR, 2 MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	Hamburger (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Sweets Potato Fries ( 1/2 cup)	Chicken Sandwich (1 WGR, 2 Meat/MA) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Carrots (1/2 cup)	Uncrustable (2 Meat/MA, 2GB) Broccoli (1/2 cup) Fruit (1/2 cup)
20	21	22	23	24
Corn Dog (2WGR, 2 MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	Hamburger (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Sweets Potato Fries ( 1/2 cup)	Chicken Sandwich (1 WGR, 2 Meat/MA) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Carrots(1/2 cup)	Uncrustable (2 Meat/MA, 2GB) Broccoli (1/2 cup) Fruit (1/2 cup)
27	28	29	30	. 31
Corn Dog (2WGR, 2 MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	Hamburger (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Sweets Potato Fries ( 1/2 cup)	Chicken Sandwich (1 WGR, 2 Meat/MA) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Carrots(1/2 cup)	Uncrustable (2 Meat/MA, 2GB) Broccoli (1/2 cup) Fruit (1/2 cup)

**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.