

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 – MARCH 2023

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