

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 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Midlands STEM will provide</p> <p>Milk.</p> <p>Menu is Subject to Change</p> <p><u>Due to product availability</u></p>				<p style="text-align: right;">1</p> <p>Uncrustable (2 Meat/MA, 2GB)</p> <p>Broccoli (1/2 cup)</p> <p>Fruit (1/2 cup)</p>
<p style="text-align: right;">4</p> <p>Corn Dog (2WGR, 2 MA)</p> <p>Baked Beans (1/2 cup)</p> <p>Fruit (1/2 cup)</p>	<p style="text-align: right;">5</p> <p>Hamburger (2 WGR, 2 Meat/MA)</p> <p>Fruit (1/2 cup)</p> <p>Sweet Potato Fries (1/2 cup)</p>	<p style="text-align: right;">6</p> <p>B.B.Q Pork Sandwich (2WGR, 2 Meat/MA)</p> <p>Steamed Broccoli (1/2 cup)</p> <p>Fruit (1/2 cup)</p>	<p style="text-align: right;">7</p> <p>Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO)</p> <p>Fruit (1/2 cup)</p> <p>Carrots (1/2 cup)</p>	<p style="text-align: right;">8</p> <p>Uncrustable (2 Meat/MA, 2GB)</p> <p>Broccoli (1/2 cup)</p> <p>Fruit (1/2 cup)</p>
<p style="text-align: right;">11</p> <p>Uncrustable (2 Meat/MA, 2GB)</p> <p>Broccoli (1/2 cup)</p> <p>Fruit (1/2 cup)</p>	<p style="text-align: right;">12</p> <p>Hamburger (2 WGR, 2 Meat/MA)</p> <p>Fruit (1/2 cup)</p> <p>Sweets Potato Fries (1/2 cup)</p>	<p style="text-align: right;">13</p> <p>Corn Dog (2WGR, 2 MA)</p> <p>Baked Beans (1/2 cup)</p> <p>Fruit (1/2 cup)</p>	<p style="text-align: right;">14</p> <p>Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO)</p> <p>Fruit (1/2 cup)</p> <p>Steamed Carrots (1/2 cup)</p>	<p style="text-align: right;">15</p> <p>Uncrustable (2 Meat/MA, 2GB)</p> <p>Broccoli (1/2 cup)</p> <p>Fruit (1/2 cup)</p>
<p style="text-align: right;">18</p> <p>Corn Dog (2WGR, 2 MA)</p> <p>Baked Beans (1/2 cup)</p> <p>Fruit (1/2 cup)</p>	<p style="text-align: right;">19</p> <p>Chicken Sandwich (2 WGR, 2 Meat/MA)</p> <p>Fruit (1/2 cup)</p> <p>Sweet Potato Fries (1/2 cup)</p>	<p style="text-align: right;">20</p> <p>Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO)</p> <p>Fruit (1/2 cup)</p> <p>Carrots (1/2 cup)</p>	<p style="text-align: right;">21</p> <p>No Stems</p>	<p style="text-align: right;">22</p> <p>Uncrustable (2 Meat/MA, 2GB)</p> <p>Broccoli (1/2 cup)</p> <p>Fruit (1/2 cup)</p>
<p style="text-align: right;">25</p> <p>Corn Dog (2WGR, 2 MA)</p> <p>Baked Beans (1/2 cup)</p> <p>Fruit (1/2 cup)</p>	<p style="text-align: right;">26</p> <p>Hamburger (2 WGR, 2 Meat/MA)</p> <p>Fruit (1/2 cup)</p> <p>Sweets Potato Fries (1/2 cup)</p>	<p style="text-align: right;">27</p> <p>Chicken Sandwich (2 WGR, 2 Meat/MA)</p> <p>Fruit (1/2 cup)</p> <p>Steamed broccoli (1/2 cup)</p>	<p style="text-align: right;">28</p> <p>Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO)</p> <p>Fruit (1/2 cup)</p> <p>Steamed Carrots (1/2 cup)</p>	<p style="text-align: right;">29</p> <p>Uncrustable (2 Meat/MA, 2GB)</p> <p>Broccoli (1/2 cup)</p> <p>Fruit (1/2 cup)</p>

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

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