



2021
Menu



One FREE Lunch Per Day For Each Student

Milk Only .50

Menu Subject
to Change

Other Available Options

#2 Yogurt Lunch

Available everyday

#3 Lunch

Monday: Chicken Tender Wrap

Tuesday: Grilled Chicken Salad

Wednesday: Taco Salad

Thursday: Italian Submarine Lunch

All Options Include

Fruit and Vegetables Of the Day
One Milk

Online Resources

Free and Reduced
application available online at:

www.lunchapp.com

The U.S. Department of Agriculture (USDA) prohibits discrimination. See Full USDA Nondiscrimination Statement on our website at www.anchorbay.misd.net/departments/foodservice. This institution is an equal opportunity provider.

Mon	Tue	Wed	Thu	Fri
What's for Lunch? 	7 #1 Cheesy Bosco Sticks W/Marinara Green Beans Sliced Peaches Milk #2 Yogurt Lunch #3 Salad Lunch	8 #1 Turkey Hot Dog On a Bun Baked Beans Celery Sticks Fruit Slushie Milk #2 Yogurt Lunch #3 Salad Lunch	9 #1 Emoji Waffles W/Syrup Turkey Sausage Hash Brown Rounds Diced Peas Milk #2 Yogurt Lunch #3 Submarine Lunch	10 PTC Lunch
13 #1 Popcorn Chicken N' Waffle Cone Mashed Potato W/Gravy Cucumber Slices Applesauce Cup Milk #2 Yogurt Lunch #3 Chicken Tender Wrap	14 #1 Penne Pasta W/Beef Sauce Parmesan Pkt. WG Dinner Roll Broccoli Florets Fresh Banana Milk #2 Yogurt Lunch #3 Salad Lunch	15 #1 Cheeseburger On a Bun Baked Beans Sun® Chips Pickle Spear Watermelon Milk #2 Yogurt Lunch #3 Salad Lunch	16 #1 French Toast Sticks W/Syrup Scrambled Eggs Hash Brown Rounds Sliced Peaches Milk #2 Yogurt Lunch #3 Submarine Lunch	17 PTC Lunch
20 #1 Chicken Fries Smile Potato Chat Snax® Carrot Sticks Emoji Ice Milk #2 Yogurt Lunch #3 Chicken Tender Wrap	21 #1 Macaroni & Cheese Garlic Knot Green Beans Celery Sticks Apple Slices Milk #2 Yogurt Lunch #3 Salad Lunch	22 #1 Mini Corn Dogs Baked Beans Cheez Its® Carrot Sticks Watermelon Milk #2 Yogurt Lunch #3 Salad Lunch	23 #1 Mini Pancakes W/Syrup Turkey Sausage Hash Brown Rounds Applesauce Cup Milk #2 Yogurt Lunch #3 Submarine Lunch	24 PTC Lunch
27 #1 Zoo Crew Chicken Nuggets Animal Crackers Golden Corn Cucumber Slices Fruit Slushie Milk #2 Yogurt Lunch #3 Chicken Tender Wrap	28 #1 Walking Taco On Tortilla Chips W/Beef Filling Shredded Cheddar Side of Refried Beans Lettuce & Salsa Diced Peas Milk #2 Yogurt Lunch #3 Salad Lunch	29 #1 Soft Pretzel W/Cheese Cup Golden Corn Carrot Sticks Watermelon Milk #2 Yogurt Lunch #3 Salad Lunch	30 #1 Cinnamon Twist Roll Scrambled Eggs Hash Brown Rounds Fresh Banana Milk #2 Yogurt Lunch #3 Submarine Lunch	1 PTC Lunch

Students will order lunch each day when teacher takes attendance.

Each Student Lunch consists of five food components:

Protein
Grain

3/4 cup to 1 cup of Vegetables

1/2 cup of Fruit or 100% Juice

8 ounces of 1% White or Flavored Milk

A student must take 3 of the 5 components with 1 choice being a 1/2 cup of fruit or vegetable.

We encourage students to take all 5 components for a well balanced diet!

