

SGUSD WE RESERVE THE RIGHT TO
 SUBSTITUTE ANY ITEMS
 ALL MEALS MEET THE WHOLE GRAIN
 REQUIREMENT
 THIS INSTITUTION IS AN EQUAL
 OPPORTUNITY PROVIDER

March 2023 School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1 <u>For a reimbursable meal students must take 3 out of the 5 groups:</u> Meat/Meal Alternative, Grain, Vegetable or Fruit, and Milk <i>1 (one) must be a Fruit or Vegetable.</i></p> <p>• <u>Milk Options:</u> flavored or unflavored low-Fat 1% or nonfat milk • <u>Fresh Fruit:</u> Apple, Apple Slices, Pear, Nectarine, Orange. • All grains are whole grain-rich.</p>					
		<p>1 Chicken Nuggets or Yogurt & Granola Cheez-it Crackers Green Beans Orange 100% Fruit Juice</p>	<p>2 Chicken Drumstick Waffles or Soy Butter Sandwich Garden Salad Pear 100% Fruit Juice Milk</p>	<p>3 Chicken Alfredo Pasta w/ Bread Roll or Turkey Sandwich Broccoli Apple Slices 100% Fruit Juice Milk</p>	<p>Cal 570 T.Fat 17.85 G Sodm 825.31 Mg <u>TARGET NUMBERS</u> for K-5 Cal: 550-850 Sat. Fat: <10% Sodium: < 935 mg no trans fat in our menu items</p>
<p>6 Boneless Chicken Wings w/ Bread Roll or Turkey Sandwich Deli Roasters Apple 100% Fruit Juice Milk</p>	<p>7 Hamburger or Turkey Lunch Kit Garden Salad Orange 100% Fruit Juice Milk</p>	<p>8 Double Dog or Yogurt & Granola Tator Tots Celery Pear 100% Fruit Juice Milk</p>	<p>9 Pork Carnita Nachos or Soy Butter Sandwich Pinto Beans Apple Slices 100% Fruit Juice Milk</p>	<p>10 Mac & Cheese or Turkey Sandwich Broccoli Orange 100% Fruit Juice Milk</p>	<p>Cal 579 T.Fat 16.41 G Sodm 866.91 Mg</p>
<p>13 Chili Cheese Dog or Turkey Sandwich Baked Beans Celery Apple 100% Fruit Juice Milk</p>	<p>14 Chicken Drumstick Deli Roasters or Turkey Lunch Kit w/ Corn Bread Apple Slices 100% Fruit Juice Milk</p>	<p>15 Bean & Cheese Burrito or Yogurt & Granola Corn Salsa Cup Strawberries 100% Fruit Juice Milk</p>	<p>16 Pepperoni Pizza Wedge or Soy Butter Sandwich Garden Salad Apple Slices 100% Fruit Juice Milk</p>	<p>17 Orange Chicken w/ Chow Mein Noodles or Turkey Sandwich Green Beans Orange 100% Fruit Juice Milk</p>	<p>Cal 550 T.Fat 15.56 G Sodm 824.35 Mg</p>
<p>20 Cheese Pizza Wedge or Turkey Sandwich Green Beans Apple 100% Fruit Juice Milk</p>	<p>21 Chicken Tenders or Turkey Lunch Kit Corn Pear 100% Fruit Juice Milk</p>	<p>22 Chicken Taquitos or Yogurt & Granola Cucumber Slices Apple Slices 100% Fruit Juice Milk</p>	<p>23 Tostitos Walking Taco or Soy Butter Sandwich Pinto Beans Orange 100% Fruit Juice Milk</p>	<p>24 Rotini Pasta w/ Meat Sauce or Turkey Sandwich Garlic Toast Garden Salad Orange 100% Fruit Juice</p>	<p>Cal 609 T.Fat 13.23 G Sodm 812.10 Mg</p>
<p>27 Pepperoni Pizza Wedge or Turkey Sandwich Corn Apple 100% Fruit Juice Milk</p>	<p>28 Grilled Cheese or Turkey Lunch Kit Pinto Beans Strawberries 100% Fruit Juice Milk</p>	<p>29 Chicken Teriyaki w/ Vegetable Rice or Soy Butter Sandwich Green Beans Celery Pear 100% Fruit Juice</p>	<p>30 Chicken Sandwich or Soy Butter Sandwich Doritos Nacho Cheese Garden Salad Apple Slices 100% Fruit Juice Milk</p>	<p>31 Cheeseburger or Turkey Sandwich Potato Wedges Orange 100% Fruit Juice Milk</p>	<p>Cal 558 T.Fat 14.13 G Sodm 911.27 Mg</p>

