



Regular Hot Menu – Lunch Menu

KIRK, MINER & TIMER RIDGE SY 2022-2023

TACO STICK ½ Cup Baby Carrots/Tomatoes ½ Cup Sweet Potato Fries 1 Cup Fruit Milk	TURKEY HOTDOG ½ Cup Beans ½ Cup Veggie 1 Cup Fruit Milk	CHEESE BREAD BITES & MARINARA 1 Cup Fries/Tots/Potatoes 1 Cup Fruit Milk	CHICKEN SANDWICH ½ Cup Salad/Broccoli ½ Cup Veggie 1 Cup Fruit Milk	PANCAKES & SAUSAGE ½ Cup Veg Juice/Celery ½ Veggie 1 Cup Fruit Milk
MINI CORNDOGS ½ Cup Baby Carrots/Tomatoes ½ Cup Sweet Potato Fries 1 Cup Fruit Milk	BBQ RIB SANDWICH ½ Cup Beans ½ Cup Veggie 1 Cup Fruit Milk	CHICKEN TENDERS & WAFFLE or FRENCH TOAST STICKS 1 Cup Fries/Tots/Potatoes 1 Cup Fruit Milk	WALKING TACO ½ Cup Salad/Broccoli ½ Cup Veggie 1 Cup Fruit Milk	MAC N' CHEESE & ROLL ½ Cup Veg Juice/Celery ½ Veggie 1 Cup Fruit Milk
CHEESE PIZZA ½ Cup Baby Carrots/Tomatoes ½ Cup Sweet Potato Fries 1 Cup Fruit Milk	CHICKEN NUGGETS & COOKIE ½ Cup Beans ½ Cup Veggie 1 Cup Fruit Milk	CHEESEBURGER 1 Cup Fries/Tots/Potatoes 1 Cup Fruit Milk	BEEF RAVIOLI & BREAD STICK ½ Cup Salad/Broccoli ½ Cup Veggie 1 Cup Fruit Milk	BOSCO STICKS ½ Cup Veg Juice/Celery ½ Veggie 1 Cup Fruit Milk

August 2022	September 2022	October 2022	November 2022	December 2022	January 2023
15 16 17 18 19 22 23 24 25 26 29 30 31	1 2 X 6 7 8 9 12 13 14 15 16 AM 20 21 22 23 X 27 28 29	1 3 4 X 6 AM X 11 12 13 14 17 18 19 20 21 24 25 26 27 28	1 2 3 4 7 X 9 10 11 14 15 16 17 18 21 I X X X 28 29 30	1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 X X X X X	X X X X X 9 10 11 12 13 X 17 18 19 20 23 24 25 26 AM 30 31
February 2023	March 2023	April 2023	May 2023	All menu items follow the USDA requirements, 2oz grain, 2oz protein, ½ cup vegetable subgroup serving, ½ cup other vegetable serving, 1 cup fruit, and 8oz. of milk per reimbursed meal. All meals are subject to change depending on inventory. If you have any questions or need dietary information, please contact Kristen Lambert (Nutritional Coordinator) at Klambert@nsseo.org .	
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