

2023-24 Sack Lunch Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
PreK	Cold Sandwich / Wrap Choice 2 M/MA / 2 WGR 1/4 c Vegetable Choice 1/4 c Diced or Sliced Fruit Milk	PBJ Sandwich 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR Cheese Stick <i>or</i> Cubes 1 M/MA 1/4 c Vegetable Choice Animal Crackers 1 WGR 1/4 c Diced or Sliced Fruit Milk	Cold Sandwich / Wrap Choice 2 M/MA / 2 WGR 1/4 c Vegetable Choice 1/4 c Diced or Sliced Fruit Milk	PBJ Sandwich 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR Cheese Stick <i>or</i> Cubes 1 M/MA 1/4 c Vegetable Choice Goldfish Crackers 1 WGR 1/4 c Diced or Sliced Fruit Milk	Cold Sandwich / Wrap Choice 2 M/MA / 2 WGR 1/4 c Vegetable Choice 1/4 c Diced or Sliced Fruit Milk
K-8 and 9-12	Cold Sandwich / Wrap Choice 2 M/MA / 2 WGR 1/2 c Cucumbers 1/2 c Bean Dip <i>or</i> Baked Beans or Pinto Bean Salad Tortilla <i>or</i> Corn Chips 1 WGR 1/2 c Fruit Milk Variety	PBJ Sandwich 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR Cheese Stick <i>or</i> Cubes 1 M/MA 1/2 c Baby Carrots 1/2 c Celery Sticks Animal Crackers 1 WGR 1/2 c Fruit Milk Variety	Cold Sandwich / Wrap Choice 2 M/MA / 2 WGR 1/2 c Tomato Cup 1/2 c Fresh Veggie Cup Multigrain Chips 1 WGR 1/2 c Fruit Milk Variety	PBJ Sandwich 1 M/MA / 2 WGR <i>or</i> 1 M/MA / 1 WGR Cheese Stick <i>or</i> Cubes 1 M/MA 1/2 c Baby Carrots 1/2 c Cucumbers Goldfish Crackers 1 WGR 1/2 c Fruit Milk Variety	Cold Sandwich / Wrap Choice 2 M/MA / 2 WGR 1/2 c Broccoli 1/2 c Corn Salad <i>or</i> Jicama Tortilla <i>or</i> Corn Chips 1 WGR 1/2 c Fruit Milk Variety
Additional for 9-12	Cheese Stick <i>or</i> Cubes 1 M/MA 1/2 c 100% Fruit Juice	Cheese Stick <i>or</i> Cubes 1 M/MA 1/2 c 100% Fruit Juice	Cheese Stick <i>or</i> Cubes 1 M/MA 1/2 c 100% Fruit Juice	Cheese Stick <i>or</i> Cubes 1 M/MA 1/2 c 100% Fruit Juice	Cheese Stick <i>or</i> Cubes 1 M/MA 1/2 c 100% Fruit Juice

This Sack Lunch menu is to be used *in addition* to the Cycle Menu.
When used, information should be recorded on the Food Production Record.