

HERSCHER INTERMEDIATE SCHOOL



MEAL PRICING:

Lunch Full Price	\$2.75
Reduced Lunch Price	\$.40
Milk Only	\$.50

LUNCH Menu

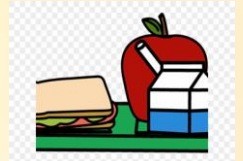
April-May 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Country Breakfast Bake Scrambled Eggs/Sausage/ Potatoes Donut Holes Grape Juice	Tacos Beef/Cheese Rice Mixed Fruit Charro	Hot Dog/Bun Baked Beans Pears Cookie	Chicken Patty/Bun Carrots Baked Chips Apple Slices	Pizza Toss Salad Tomato Peaches
2	French Toast Swirls Sausage Tri-Tator Orange Juice	Nacho Beef/Cheese Salsa Mandarin Oranges	Chicken Nuggets Roll Mashed Potatoes/Gravy Apple Slices	Cheeseburger /Bun Baked Beans Fresh Fruit Cookie	Pizza Toss Salad Tomato Pears
3	Pancake Wrap Tri-Tator Grape Juice	Cheese Quesadilla Chips/Salsa Sidekick Icee	Corn Dog Baked Beans Fries Applesauce	Ham/Cheese Sandwich Goldfish Green Beans Mandarina Oranges	Pizza Toss Salad Tomato Apple Slices
4	French Toast Swirls Sausage Tri-Tator Orange Juice	Walking Taco Beef/Cheese Rice Corn Pineapple	Turkey/Cheese Wrap Baked Chips Carrots/Dip Peaches	Chicken Nuggets Buttered Noddle's Peas & Carrots Peaches	Pizza Toss Salad Tomato Sidekick Icee

Lunch Menu
subject to
change

Fresh or Canned
Fruit offered
Daily

1% White Milk
and Fat Free
White and
Chocolate Milk
offered Daily



NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations!
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

S	M	T	W	T	F	S
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7	X	9	10	11	12	13
14	X	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	X	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	NL	29		

S	M	T	W	T	F	S
				1	2	
3	X	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	X	X	X	X	X	30
31						

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
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28	29	30	31			

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

X Means No School, NL Means No Lunch. To read the menu look at the calendar, find the date, look for the color, then look at the menu & that represents what we are serving. Menu Subject to Change Without Notice

1. 2015-2020 Dietary Guidelines for Americans
2. USDA. MyPlate.gov. <http://www.myplate.gov>.