



2021 Menu

Gossner Non Fat Chocolate Milk
and 1% White Milk is served daily.

Build *your* tray
 THE healthy way!

START WITH A:

- Vegetable
- or
- Fruit

Better yet, choose both!

- Choose whole grains
- Pick a lean protein
- Add a serving of dairy

take at least **3** food groups!

What's on your tray today?

Dates	Mon	Tue	Wed	Thu	Fri
01/11-01/15 02/08-02/12 03/08-03/12 04/12-04/16 05/10-05/14	2 OZ Pulled Pork Sandwich on 1 EA WG Bun 3/4 Cup Corn 1/2 Cup Mandarin Oranges Assorted Milk	3 PC Chicken Tender Bowl 1/2 C Mashed Potato 1 OZ Gravy 3/4 Cup Broccoli 1/2 Cup Pineapple Tidbits Assorted Milk	1 EA—All Beef Hot Dog 1 EA WG Bun 3/4 Cup Chili Beans 1/2 Diced Pears Assorted Milk	1 EA Breaded Chicken Patty on 1 EA—WW Bun 3/4 Cup Carrots 1/2 Cup Sliced Peaches Assorted Milk	1 Each Eggless Loco Moco 1 OZ Gravy 1/2 Cup Brown Rice 3/4 Cups Green Beans 1/2 Cup Mixed Fruit Assorted Milk
01/18-01/22 02/15-02/19 03/15-03/19 04/19-04/23 05/17-05/21	7 OZ North Cheeseburger Mac 3/4 Cup California Blend 1/2 Cup Mandarin Oranges Assorted Milk	5 PC Chicken Nuggets 1/2 C Brown Rice 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	3 OZ Bistek 1/2 Cup Brown Rice 3/4 Cup Pinto Beans 1/2 Cup Diced Pears Assorted Milk	2 oz Sloppy Joe on 1 EA-WW Bun 3/4 Cup Potato Wedges 1/2 Cup Sliced Peaches Assorted Milk	1 EA Pepperoni Pizza 3/4 Cup Corn 1/2 Cup Mixed Fruit Assorted Milk
01/25-01/29 02/22-02/26 03/22-03/26 04/26-04/30 05/24-05-28	1 EA BBQ Pork Rib Sandwich 1 EA WG Bun 3/4 Cup Green Beans 1/2 Cup Mandarin Oranges Assorted Milk	2 OZ Beef Taco Meat 1 EA WG Tortilla Shell 1 OZ Shredded Cheese 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	1 EA WG Corn Dog 3/4 Cup Pinto Beans 1/2 Cup Diced Pears Assorted Milk	3 PC Chicken Tender Bowl 1/2 Cups Mashed Potato 1 OZ Gravy 1/2 Cup Broccoli 1/2 Cup Sliced Peaches Assorted Milk	1 Slice WG Cheese Pizza 3/4 Cup Peas & Carrots 1/2 Cup Mixed Fruit Assorted Milk
02/01-02/05 03/01-03/05 04/5-04/09 05/03-05/07	4 OZ Spaghetti Meat Sauce 1/2 C—Spaghetti Noodles 3/4 Cup Green Beans 1/2 Cup Sliced Peaches Assorted Milk	1 PC Salisbury Steak 1 OZ Gravy 1/2 Cup Mashed Potato 1 EA WW Dinner Roll 3/4 Cup Carrots 1/2 Cup Pineapple Tidbits Assorted Milk	1 EA BBQ Grilled Chicken Patty 1 EA WG Bun 3/4 Cups Chili Beans 1/2 Cups Diced Pears Assorted Milk	6 OZ Ham & Cheese Macaroni Pasta 3/4 Cup Potato Wedges 1/2 Cup Mandarin Orange Assorted Fruits	1 EA Fish Patty Sandwich 1 Each WG Bun 3/4 Cup Peas & Carrots 1/2 Cup Mixed Fruit Assorted Milk

Reviewed & Approved:
 (LEA) FNSMD: Charleen Hadap 12/28/20
 State Agency for Child Nutrition Program: Matthew Sablan