

School meals are consistent with the Dietary Guidelines for Americans.

We

offer all whole rich grain bread products and a variety of fruits and vegetables weekly. In addition we offer **1% plain milk**. All **salad dressings** are either **low-fat or non-fat**. **Water is available with all**



Fueling Student Performance Through Healthy Dining

by **sodexo**

## Midlands STEM Charter Lunch Menu – September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Midlands STEM will provide Milk.</b></p> <p><b>Menu is Subject to Change</b></p> <p><b>Due to product availability</b></p>			1 Corn Dog (2WGR, 2 MA) Sweet Peas (1/2 cup) Fruit (1/2 cup)	2 Uncrustables (2 Meat/MA, 2) Broccoli (1/2 cup) Fruit (1/2 cup)
5 <b>No Stems</b>	6 Corn Dog (2WGR, 2 MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	7 Chicken Alfredo (1 WGR, 2 Meat/MA) Roll (1 WGR) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	8 Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Yams (1/2 cup)	9 Uncrustables (2 Meat/MA, 2 GR) Carrots (1/2 cup) Fruit (1/2 cup)
12 Hamburger (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Carrots( 1/2 cup)	13 Corn Dog (2WGR, 2 MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	13 Chicken Lo Mein (1 WGR, 2 Meat/MA) Roll (1 WGR) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	14 Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Sweet Potato Fries (1/2 cup)	15 Uncrustables (2 Meat/MA, 2 GR) Broccoli (1/2 cup) Fruit (1/2 cup)
18 Chicken Sandwich (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Sweet Potato Fries (1/2 cup)	19 Corn Dog (2WGR, 2 MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	20 Chicken Alfredo (1 WGR, 2 Meat/MA) Roll (1 WGR) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	21 Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Caesar Salad (1/2 cup)	22 Uncrustables (2 Meat/MA, 2 GR) Carrots (1/2 cup) Fruit (1/2 cup)
25 Hamburger (2 WGR, 2 Meat/MA) Fruit (1/2 cup) Sweets Potato Fries ( 1/2 cup)	26 Corn Dog (2WGR, 2 MA) Baked Beans (1/2 cup) Fruit (1/2 cup)	27 Chicken Lo Mein (1 WGR, 2 Meat/MA) Roll (1 WGR) Steamed Broccoli (1/2 cup) Fruit (1/2 cup)	28 Cheese Pizza (2 Non-WGR, 2 Meat/MA, 1/8 Veg-RO) Fruit (1/2 cup) Caesar Salad (1/2 cup)	29 Uncrustables (2 Meat/MA, 2 GR) Carrots (1/2 cup) Fruit (1/2 cup)

**PORTION SIZES**

MILK: 8 OZ  
ALL ENTREES ARE 1 EACH AND CONTAIN 0.5 OZ GRAIN AND 1.5 OZ MEAT / MEAT ALTERNATIVE

**FRUIT & VEGETABLE SIDES: 4 OZ**

COMBINATION FOODS: SERVING SIZE 4 OZ  
\*YOGURT: 4 OZ. <23G OF SUGAR PER 6 OZ  
\*\*CEREALS: REDUCED SUGAR; <6 OZ PER DRY OZ; WHOLE GRAIN

This institution is an equal opportunity provider.