

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 meals.



Fueling Student Performance Through Healthy Dining

by sodexo

Midlands STEM Charter Lunch Menu – April 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>Midlands STEM will provide Milk.</p> <p>Menu is Subject to Change</p> <p>Due to product availability</p> | | | | <p>1</p> <p>Deli Turkey Sandwich</p> <p>Carrots</p> <p>Fruit</p> |
| <p>4</p> <p>Hamburger</p> <p>Fruit</p> <p>Fries</p> | <p>5</p> <p>BBQ Pork & Rice</p> <p>Baked Beans</p> <p>Fruit</p> | <p>6</p> <p>Chicken Stir Fry w/ Rice</p> <p>Steamed Broccoli</p> <p>Fruit</p> | <p>7</p> <p>Cheese Pizza</p> <p>Fruit</p> <p>Sweet Potato Fries</p> | <p>8</p> <p>EARLY DISMISSAL/ HALF DAY BAG LUNCH</p> <p>Menus are based on site location and consist of: Turkey and Cheese Sandwich Fresh Baby Carrots</p> |
| <p>11</p> <p>SPRING BREAK NO SCHOOL</p> | <p>12</p> <p>SPRING BREAK NO SCHOOL</p> | <p>13</p> <p>SPRING BREAK NO SCHOOL</p> | <p>14</p> <p>SPRING BREAK NO SCHOOL</p> | <p>15</p> <p>SPRING BREAK NO SCHOOL</p> |
| <p>18</p> <p>Hamburger</p> <p>Fruit</p> <p>Fries</p> | <p>19</p> <p>BBQ Pork & Rice</p> <p>Baked Beans</p> <p>Fruit</p> | <p>20</p> <p>Chicken Stir Fry w/ Rice</p> <p>Steamed Broccoli</p> <p>Fruit</p> | <p>21</p> <p>Cheese Pizza</p> <p>Fruit</p> <p>Sweet Potato Fries</p> | <p>22</p> <p>Uncrustables</p> <p>Carrots</p> <p>Fruit</p> |
| <p>25</p> <p>Chicken Sandwich</p> <p>Fries</p> <p>Fruit</p> | <p>26</p> <p>BBQ Chicken Sandwich</p> <p>Baked Beans</p> <p>Fruit</p> | <p>27</p> <p>Chicken Alfredo Roll</p> <p>Steamed Broccoli</p> <p>Fruit</p> | <p>28</p> <p>Cheese Pizza</p> <p>Fruit</p> <p>Sweet Potato Fries</p> | <p>29</p> <p>Deli Turkey Sandwich</p> <p>Carrots</p> <p>Fruit</p> |

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.