

HERSCHER INTERMEDIATE SCHOOL



MEAL PRICING:

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

LUNCH Menu

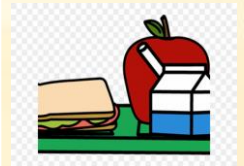
August-December 2023

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

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	X	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	X	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	NL	28	29	30

S	M	T	W	T	F	S
1	2	3	4	X	X	7
8	X	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	NL	26	27	28
29	30	31				

S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	X	X	X	25
26	27	28	29	30		

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	X	23
24	25	26	27	28	29	30

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

X Means No School, NL Means No Lunch First Day of Lunch will be August 16th. 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