



Oldham County
School Nutrition

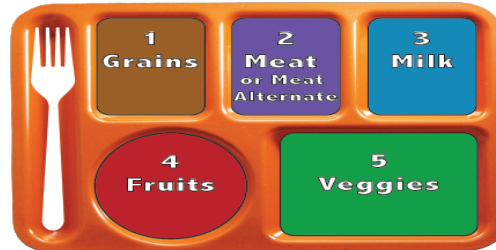
Grab and Go Lunch Menu

Menus are subject to change without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Starting August 24 th	Tostito Chips Salsa Nacho Cheese Sauce & Cheese Stick Baby Carrots Red Grapes Orange Juice 1% Chocolate or White Milk	Chicken Sandwich Lettuce & Tomato Fresh Broccoli Orange Apple Juice 1% Chocolate or White Milk	Hot dog Cucumbers & Grape Tomatoes Strawberry Cup Grape Juice Dbl. Chocolate Cookie 1% Chocolate or White Milk	Mandarin Chicken & Rice Bowl Celery Stick Mandarin Oranges Apple Juice 1% Chocolate or White Milk	Pizza Cruncher Marinara Sauce Corn 1 Whole Apple Grape Juice 1% Chocolate or White Milk
Week 2	Build Your Own Flatbread Pizza (Flatbread, Marinara, Mozzarella, Turkey Pepperoni) Baby Carrots Apple Sauce Orange Juice 1% Chocolate or White Milk	Popcorn Chicken Mac & Cheese Cucumber Slices and/or Strawberries 1 cup Apple Juice 1% Chocolate or White Milk	Beef and Cheese Soft Taco Salsa Spanish Rice Corn Peach cup Grape Juice 1% Chocolate or White Milk	Hamburger Lettuce & Tomato Seasoned Fries Whole Apple Orange Juice 1% Chocolate or White Milk	Corn Dog Green Beans Tropical Fruit Salad Grape Juice 1% Chocolate or White Milk

The Five Meal Components for School Lunch

Choose **at least 3** including:



• $\frac{1}{2}$ Cup of **Fruits** or **Vegetables**

• **At Least 2 Other Food Groups**

For best nutrition, choose all 5