

Mrs. T's Go-To Menu Options

	LUNCH MENU 1	LUNCH MENU 2	LUNCH MENU 3	LUNCH MENU 4	LUNCH MENU 5	LUNCH MENU 6	
MENU	Mrs. T's Pierogies with Spicy Marinara Sauce (1 M/MA, 1 WG, 1 RO) (2) Meatballs with Sauce (1 M/MA) Romaine Salad w/choice of Dressing (1 Vegetable - DG, RO) WG Dinner Roll (1 WG) Chilled Sliced Peaches (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Mrs. T's Chicken Fajita Pierogies (2 M/MA, 1 WG, 1 RO, 1 O) WG Brown Rice (1 WG) Sautéed Green Peppers/Onions (1 Vegetable - O) Chilled Mixed Fruit (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Mrs. T's Chicken & Dumpling Pierogies (2 M/MA, 1 WG, 1 O) WG Dinner Roll (1 WG) Fresh Apple Slices (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Mrs. T's Cheesesteak Pierogies (2.5 M/MA, 1 WG) Sweet Potato Fries (1 Vegetable - RO) Sweet Fresh Pineapples (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Mrs. T's Chicken Florentine Pierogies (2.5 M/MA, 1 WG, 1 DG) WG Dinner Roll (1 WG) Chilled Applesauce (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Mrs. T's Poutine Pierogies (2 M/MA, 1 WG) Steamed Broccoli (1 Vegetable - DG) WG Dinner Roll (1 WG) Fresh Orange Quarters (1 Fruit) Skim Milk - 8 oz. (1 Milk)	
	CALORIES	708 kcal	667 kcal	539 kcal	555 kcal	520 kcal	499 kcal
	SAT FAT	8 gm.	5 gm.	7 gm.	10 gm.	8 gm.	9 gm.
	SODIUM	1175 mg.	994 mg.	1454 mg.	827 mg.	1101 mg.	908 mg.
	LUNCH MENU 7	LUNCH MENU 8	LUNCH MENU 9	LUNCH MENU 10	LUNCH MENU 11	 <p>Meets K-12 Nutritional Guidelines</p>	
MENU	Mrs. T's Pierogy Taco Bake (2.5 M/MA, 1 WG, 1 BP) Tortilla Chips (1 WG) Sliced Colorful Peppers (1 Vegetable - O) Chilled Diced Pears (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Mrs. T's Pierogy Mac & Cheese (2.5 M/MA, 1 WG, 1 O) WG Dinner Roll (1 WG) Fresh Apple Slices (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Chicken Nuggets (1 M/MA, 1 WG) Mrs. T's Buttery Ranch Pierogies (1 M/MA, 1 WG) Steamed Green Beans (1 Vegetable - O) Chilled Mixed Fruit (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Rib-B-Que Slider Sandwich (1) (1/2 M/MA, 1.5 WG) Mrs. T's Pierogy Fries (1 M/MA, 1 WG) Cole Slaw (1 Vegetable - O) Chilled Diced Peaches (1 Fruit) Skim Milk - 8 oz. (1 Milk)	Mrs. T's Buffalo Chicken Pierogies (2.5 M/MA, 1 WG, 1/2 RO, 1/8 S) WG Dinner Roll (1 WG) Fresh Carrot & Celery Sticks (1/4 Vegetable - O, 1/4 Vegetable - RO) Chilled Diced Pears (1 Fruit) Skim Milk - 8 oz. (1 Milk)		
	CALORIES	645 kcal	512 kcal	425 kcal	486 kcal		640 kcal
	SAT FAT	9 gm.	10 gm.	7 gm.	6 gm.		9 gm.
	SODIUM	1132 mg.	1138 mg.	771 mg.	1148 mg.		1470 mg.

*Calories, Sat Fat & Sodium based on 100 servings of entrée, 75 servings of sides, and 50 servings of skim milk.