### Panama K-12 Lunch Menu

**June 2022**

**Lunch Fact**

My Plate Recommends:
- Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too. Reference: USDA. MyPlate.gov. Internet http://www.myplate.gov/

**Offered Daily With all School Lunches:**
- Fresh or prepared fruits

(Must take 1/2 cup of fruit or veggies, may take 1 cup)

**Available Daily: Non or Low Fat White or Chocolate Milk**

**Meal Pattern Requirements**

- Grains Range=10 G
- M/MA Range=10 oz.
- Vegetables=3 1/2 cups
- Fruit=2 1/2 cups

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>6 Grilled Cheese Pizza</td>
<td>7 Chicken Nuggets Tacos</td>
<td>8 Meatball Sub Pizza</td>
<td>9 Baked Potato Bar Chicken Wrap</td>
<td>10 Baby Carrots</td>
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<tr>
<td>Steamed Broccoli</td>
<td>Bean Salad</td>
<td>Corn Niblets</td>
<td>Green Beans</td>
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</tbody>
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<table>
<thead>
<tr>
<th>A 13 14 15 16 17</th>
<th>B 20 21 22 23 24</th>
<th>C 25 26 27 28 29</th>
<th>D</th>
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</thead>
<tbody>
<tr>
<td>Chicken Fajita Pizza</td>
<td>BBQ Chicken on WG Roll Pizza</td>
<td>Macaroni &amp; Cheese Tacos</td>
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<tr>
<td>Baked Beans</td>
<td>Spaghetti w/ Meatballs Chicken Wrap</td>
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</tr>
<tr>
<td>Carrots</td>
<td>Pulled Pork Sliders Pizza</td>
<td>Corn Niblets</td>
<td>Green Beans</td>
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<tr>
<td>Steamed Broccoli</td>
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</table>

**Friday**

- **K-6 Field Day Lunch**
- **Hot Dog on WG Bun**

**Start with a:**
- Vegetable
- Fruit
- Choose whole grain
- Pick a lean protein
- Add serving of milk

**May choose 2 Veggies at each meal**

This institution is an equal opportunity Provider and Employer

**Link for Summer Food Service Program:**

- **http://www.fns.usda.gov/summerfoodrocks**
- 1-800-522-5006 or Text "Summer Meals" to 97779

**K-6 Last Day**

- Dismissed at 11:10 am

**HS Last Day**

- Dismissed at 7:00 PM

**4-12 Lunch Choice**

- Havana Nachos Pizza

**Menu Subject to Change**

**Suggested Vegetables:**

- Carrots
- Steamed Broccoli
- Baked Beans
- Carrots
- Steamed Broccoli
- Green Beans

**Suggested Fruits:**

- Fresh or prepared fruits

**Suggested Milk:**

- Non or Low Fat White or Chocolate Milk

**Fruit and Milk Requirements**

- 2 1/2 cups of fruit
- 5 cups of milk

**Calorie Recommendations:**

- M/MA Range=10 oz.
- M/MA Range=10 oz.
- C Range=6 oz.