

EAST CHESTER, JACKS CREEK, WEST CHESTER, MIDDLE SCHOOL, JUNIOR HIGH MENUS

MONDAY, APRIL 24, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE Vegetables
1 cup Tossed Salad/Dressing
½ Cup MANAGER'S CHOICE FRUIT or Fresh Fruit Choice
Cold Milk Choice

TUESDAY, APRIL 25, 2017

LUNCH

MANAGER'S CHOICE or Barbeque Sandwich
MANAGER'S CHOICE Vegetables
1 cup Tossed Salad/Dressing
½ Cup MANAGER'S CHOICE FRUIT or Fresh Fruit Choice
Cold Milk Choice

WEDNESDAY, APRIL 26, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE Vegetables
1 cup Tossed Salad/Dressing
½ Cup MANAGER'S CHOICE FRUIT or Fresh Fruit Choice
Cold Milk Choice

THURSDAY, APRIL 27, 2017

LUNCH

Chicken Fajita/8" Soft Tortilla or Warm Ham and Cheese/Croissant
½ Cup Steamed Seasoned Rice – ½ Cup Brown Beans
½ Cup Lettuce, ¼ Cup Chopped Tomato and 1oz. Shredded Cheese
Orange Wedges
Cold Milk Choice

FRIDAY, APRIL 28, 2017

LUNCH

Pizza Choice or MANAGER'S CHOICE
½ Baked Tater Gems – ½ Cup Steamed Broccoli/Cheese
1 Cup Tossed Salad/Dressing
½ Cup MANAGER'S CHOICE Fruit or Fresh Fruit Choice
Cold Milk Choice

NEW LUNCH MEAL PATTERN

Amount of food per week (Minimum per day in parentheses)
MEAT/MEAT ALTERNATE (oz. eq.) 8-10(1) - GRAINS (oz. eq.) 8-9 (1) -
VEGETABLES (Cups) 3 ¾ (¾)
FRUIT (Cups) 2 ½ (½) -
FLUID MILK (Cups) 5 (1)

“This institution is an equal opportunity provider”

EAST CHESTER, JACKS CREEK, WEST CHESTER, MIDDLE SCHOOL, JUNIOR HIGH MENUS

MONDAY, MAY 1, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

TUESDAY, MAY 2, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

WEDNESDAY, MAY 3, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

THURSDAY, MAY 4, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

FRIDAY, MAY 5, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

NEW LUNCH MEAL PATTERN

Amount of food per week (Minimum per day in parentheses)
MEAT/MEAT ALTERNATE (oz. eq.) 8-10(1) - GRAINS (oz. eq.) 8-9 (1) -
VEGETABLES (Cups) 3 $\frac{3}{4}$ ($\frac{3}{4}$)
FRUIT (Cups) 2 $\frac{1}{2}$ ($\frac{1}{2}$) -
FLUID MILK (Cups) 5 (1)

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EAST CHESTER, JACKS CREEK, WEST CHESTER, MIDDLE SCHOOL, JUNIOR HIGH MENUS

MONDAY, MAY 8, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

TUESDAY, MAY 9, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

WEDNESDAY, MAY 10, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

THURSDAY, MAY 11, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

FRIDAY, MAY 12, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

NEW LUNCH MEAL PATTERN

Amount of food per week (Minimum per day in parentheses)
MEAT/MEAT ALTERNATE (oz. eq.) 8-10(1) - GRAINS (oz. eq.) 8-9 (1) -
VEGETABLES (Cups) 3 $\frac{3}{4}$ ($\frac{3}{4}$)
FRUIT (Cups) 2 $\frac{1}{2}$ ($\frac{1}{2}$) -
FLUID MILK (Cups) 5 (1)

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EAST CHESTER, JACKS CREEK, WEST CHESTER, MIDDLE SCHOOL, JUNIOR HIGH MENUS

MONDAY, MAY 15, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

TUESDAY, MAY 16, 2017

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

WEDNESDAY, MAY 17, 2017

LUNCH

MANAGER'S CHOICE or MANAGER'S CHOICE
MANAGER'S CHOICE VEGETABLES (MINIMUM OF 2)
MANAGER'S CHOICE FRUIT CHOICES
COLD MILK CHOICES

THURSDAY, MAY 18, 2017

SCHOOL DISMISSED FOR SUMMER BREAK
STUDENTS RETURN FOR REPORT CARDS FRIDAY, MAY 19, 2017
10:30 A.M. - 11:00 A.M.



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EAL PATTERN

Amount of food per week (Minimum per day in parentheses)
MEAT/MEAT ALTERNATE (oz. eq.) 8-10(1) - GRAINS (oz. eq.) 8-9 (1) -
VEGETABLES (Cups) 3 ¾ (¾)
FRUIT (Cups) 2 ½ (½) -
FLUID MILK (Cups) 5 (1)

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