

**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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