



**OVS must take a minimum of
 1/2c fruit or vegetable**

**Gossner Non Fat Chocolate Milk
 and 1% White Milk is served daily.**

Build your tray THE healthy way!

START WITH A:

- Vegetable
- or
- Fruit

Better yet, choose both!

- Choose whole grains
- Pick a lean protein
- Add a serving of dairy

take at least 3 food groups!

What's on your tray today?

Dates	Mon	Tue	Wed	Thu	Fri
1/16-1/20 2/13-2/17 3/13-3/17 5/8-5/12	2 OZ BBQ Chicken Sandwich on 1 EA—WW Bun OR 2 OZ Tuna Sandwich on 1 EA—WW Bun 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits	3 SLICES Turkey & 2 SLICES Cheese on 2 SLICES—WW Bread OR 3 PC Chicken Tender Bowl 1/2 C Mashed Potato/1 OZ Gravy 3/4 C Baby Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits OR 1/2 C Pineapple Tidbits	1 EA Chicken Corn Dog OR 2 OZ Chicken Adobo 1 C Brown Rice 3/4 C Corn OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits	1 EA Pork Rib Patty on 1 EA—WW Bun OR 1 EA Turkey Hot Dog on 1 EA—WW Bun 3/4 C Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits OR 1/2 C Fruit Mix	1 SLICE Cheese Pizza OR 2 OZ Sloppy Joe on 1 EA—WW Bun 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits
1/23-1/27 2/20-2/24 3/20-3/24 4/17-4/21 5/15-5/19	1 EA Hamburger Patty on 1 EA—WW Bun OR 1 EA Chicken Patty on 1 EA—WW Bun 3/4 C Corn OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits	3 SLICES Ham & 2 SLICES Cheese on 2 SLICES—WW Bread OR 5 PC Chicken Nugget Bowl 1/2 C Brown Rice 3/4 C Broccoli & 1 OZ Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits OR 1/2 C Pears	1 EA Chicken Corn Dog OR 2 OZ Sloppy Joe on 1 EA—WW Bun 3/4 C Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits	1 EA Pork Rib Patty on 1 EA—WW Bun OR 1/2 C Ham Jambalaya 1/2 C Brown Rice 3/4 C Corn 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits OR 1/2 C Pineapple Tidbits	1 SLICE Cheese Pizza OR 1 EA Turkey Dog on 1 EA—WW Bun 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits
1/30-2/3 2/27-3/3 3/27-3/31 4/24-4/28 5/22-5/26	2 OZ BBQ Chicken Sandwich on 1 EA—WW Bun OR 2 OZ Tuna Sandwich on 1 EA—WW Bun 3/4 C Corn OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits	3 SLICES Turkey & 2 SLICES Cheese on 2 SLICES—WW Bread OR 3 PC Chicken Tender Bowl 1/2 C Mashed Potato/1 OZ Gravy 3/4 C Baby Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits OR 1/2 C Pears	1 EA Chicken Corn Dog OR 1 EA Turkey Dog on 1 EA—WW Bun 3/4 C Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits	1 EA Pork Rib Patty on 1 EA—WW Bun OR 3/4 C Chili Bowl 1 C Brown Rice 3/4 C Broccoli & 1 OZ Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits OR 1/2 C Pineapple Tidbits	1 SLICE Cheese Pizza OR 2 OZ BBQ Diced Chicken 1 C Brown Rice 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits
2/6-2/10 3/6-3/10 4/3-4/7 5/1-5/5	1 EA Loco Moco 1/2 C Brown Rice/1 OZ Gravy OR 3/4 C Beef Tinaktak 1/2 C Brown Rice 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits	3 SLICES Ham & 2 SLICES Cheese on 2 SLICES—WW Bread OR 3/4 C Chicken Corn Soup 1 C Brown Rice 3/4 C Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits OR 1/2 C Pears	1 EA Chicken Corn Dog OR 3/4 C Meat Sauce on 1/2 C Rotini Pasta 3/4 C Broccoli & 1 OZ Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits	1 EA Pork Rib Patty on 1 EA—WW Bun 1 EA Turkey Dog on 1 EA—WW Bun 3/4 C Baby Carrots 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits OR 1/2 C Fruit Mix	1 SLICE Cheese Pizza OR 3/4 C Chili Bowl 1 C Brown Rice 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR 1 EA Asst Fresh Fruits



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1/23-1/27 2/20-2/24 3/20-3/24 4/17-4/21 5/15-5/19	1 EA Hamburger Patty on 1 EA—WW Bun OR 1 EA Chicken Patty on 1 EA—WW Bun 1 C Corn OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits	3 SLICES Ham & 2 SLICES Cheese on 2 SLICES—WW Bread OR 5 PC Chicken Nugget Bowl 1 C Brown Rice 1 C Broccoli & 1 OZ Cheese Sauce OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits OR 1 C Pears	1 EA Chicken Corn Dog OR 2 OZ Sloppy Joe on 1 EA—WW Bun 1 C Cucumber Salad OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits	1 EA Pork Rib Patty on 1 EA—WW Bun OR 1/2 C Ham Jambalaya 1 C Brown Rice 1 C Corn 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits OR 1 C Pineapple Tidbits	1 SLICE Cheese Pizza OR 1 EA Turkey Dog on 1 EA—WW Bun 1 C Potato Wedges OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits
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2/6-2/10 3/6-3/10 4/3-4/7 5/1-5/5	1 EA Loco Moco 1 C Brown Rice/1 OZ Gravy OR 1 C Beef Tinaktak 1 C Brown Rice 1 C Potato Wedges OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits	3 SLICES Ham & 2 SLICES Cheese on 2 SLICES—WW Bread OR 1 C Chicken Corn Soup 1 C Brown Rice 1 C Cucumber Salad OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits OR 1 C Pears	1 EA Chicken Corn Dog OR 3/4 C Meat Sauce on 1 C Rotini Pasta 1 C Broccoli & 1 OZ Cheese Sauce OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits	1 EA Pork Rib Patty on 1 EA—WW Bun 1 EA Turkey Dog on 1 EA—WW Bun 1 C Baby Carrots 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits OR 1 C Fruit Mix	1 SLICE Cheese Pizza OR 1 C Chili Bowl 1 C Brown Rice 1 C Potato Wedges OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR 1-2 EA Asst Fresh Fruits