

## What's on The Plate? Healthy Meals in our School



Whole Wheat Pizza topped with skim milk mozzarella cheese  
Dark Green Romaine Salad w/sliced carrot and low fat ranch dressing  
Steamed Whole Kernel Corn with no added salt  
Chilled Mixed Fruit in fruit juice or light syrup  
Fruit Juice Dessert Bar with no added sugar  
Lo Fat or Skim milk offered with all school meals



Meatball Po Boy on whole wheat bun with skim milk mozzarella cheese  
Fresh Baby Carrots  
Seasoned Green Beans with no added salt  
Fresh Red Grapes-Crisp and delightful  
Whole Wheat Graham Crackers  
Lo Fat or Skim milk offered with all school meals



Fish Strips w/whole grain breading  
Mashed Potatoes-fortified with Vitamin C  
Fresh Broccoli w/low fat ranch dip  
Chilled Mixed Fruit in juice or light syrup  
Whole Wheat Chocolate Chip Cookie-baked fresh in our kitchens



Dark Green Salad Cups are garnished with fresh tomato, cucumber or carrot for variety and eye appeal