

Modesto City Schools Transitions Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets w/ Roll ●●	Cheeseburger ●●	Chicken Wrap ●●	Meatloaf Sandwich ●●	Grilled Chicken Sandwich ●●
V GF DF Potato Wedges ●	V GF DF Green Salad ●	V Roasted Chickpeas ●	V GF DF Celery Sticks ●	V GF DF Potato Wedges ●
V GF DF Broccoli ●	V GF DF Petite Carrots ●	V GF DF Petite Carrots ●	V GF DF Petite Carrots ●	V GF DF Petite Carrots ●
V GF DF Fresh Fruit ●	V GF DF Fresh Fruit ●	V GF DF Fresh Fruit ●	V GF DF Fresh Fruit ●	V GF DF Fresh Fruit ●
V GF DF Raisins ●	V GF DF Peach Cup ●	V GF DF Raisins ●	V GF DF Pear Cup ●	V GF DF Raisins ●
BBQ Sauce	Ketchup	Ranch Dressing	Ranch Dressing	BBQ Sauce
Ketchup	Mustard	1% Milk ●	Mini Rice Krispies Square	Ranch Dressing
Ranch Dressing	Ranch Dressing	Non-Fat Chocolate Milk ●	1% Milk ●	1% Milk ●
1% Milk ●	Garden Salsa Sun Chips		Non-Fat Chocolate Milk ●	Non-Fat Chocolate Milk ●
Non-Fat Chocolate Milk ●	1% Milk ●			
	Non-Fat Chocolate Milk ●			



- V** Vegetarian
- GF** No gluten containing ingredients
- DF** No dairy containing ingredients
- P** May contain pork

What Makes a Lunch?

Choose 3 to 5 different components

GRAIN ●
FRUIT ●
MILK ●

PROTEIN ●
VEGETABLE ●

Must include a **FRUIT** or **VEGETABLE**