

# Pride of Dakota School Lunch Day Sample Menu

March 24, 2009



For additional menus utilizing products that you might want to purchase locally, contact Deb Egeland at ND Dept. of Public Instruction at 701-328-3718 or 1-888-338-3663 or e-mail her at [degeland@nd.gov](mailto:degeland@nd.gov)

## Menu 1

Cloverdale Ham	2 oz
Baked Potato Half, Red River Valley	4.5 oz
Sour Cream, Reduced Fat	2 Tbsp
Corn, Canned, Yellow	¼ cup
Italian Pasta Salad	3/8 cup
Baker Boy Small Roll	1.3 oz
Honey	1 Tbsp
Butter	1 tsp
Milk, Chocolate Skim	1 cup



## Portion Size



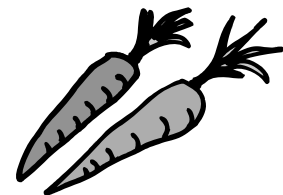
## Menu 2

Chili Bean Chili	1 cup
Crackers	4 each
Baker Boy Breadstick	1.5 oz
Carrots and Celery	¼ cup
Ranch, (Lite Dressing, Buttermilk)	1 oz
Apple Half, Fresh	½ each
Sunbutter Cookies	1 cookie
Milk, 1% Lowfat	1 cup

## Portion Size

## Menu 3

French Dip Roast Beef Sandwich	
Roast Beef, thin sliced	2 -3 oz
Baker Boy Steak Bun	2.5 oz
Au Jus	2 oz
Oven-Baked Natural Potato Wedges	3.5 oz
Carrots & Celery	¼ cup
Ranch, (Lite Dressing, Buttermilk)	1 oz
Ketchup (condiment)	2 T
Milk, Chocolate Skim	1 cup



*Child Nutrition  
& Food Distribution  
Programs*

---