



Mar 2026						
Su	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

■ Conferences

April 2026						
Su	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

■ Managers Choice

May/June 2026						
Su	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

### Saydel Lunch

	Monday	Tuesday	Wednesday	Thursday
Week 1	Stuffed cheese Breadsticks Steamed Broccoli Grape Tomatoes Applesauce	Chicken Nuggets Plain or Spicy Steamed Corn Romaine, Spring Mix Salad Diced Pears	BBQ Pulled Pork or Rib Sandwich on WG Bun Baked Beans Baby Carrots Fruit Cup	Sliced Pizza Cheese or Pepperoni Steamed Country Trio Mixed Fresh Veggies Mixed Fruit
Week 2	Crispitos Fiesta Beans Baby Carrots Strawberry Applesauce	Scrambled Eggs & Cinnamon rolls Steamed Veggie Mix Cauliflower & Tomatoes Mixed Fruit Cup	Chicken Patty w/ WG Bun Plain and Spicy French Fries Grape Tomatoes Diced Peaches	Pizza Crunchers Steamed Broccoli Mixed Fresh Veggies Pear halves
Week 3	Mike Bites Plain or Spicy w/ Marinara Steamed Carrots Broccoli Florets Cinnamon Applesauce	Walking Taco Refried Beans Lettuce, Cheese & Salsa Fruit Cocktail	Cheeseburger on WG Bun Tater Tots Cauliflower Florets Diced Peaches	Eagle Bread Cheese & Pepperoni Steamed Mixed Veg Mixed Fresh Veggies California Fruit Cup

**Alternate Entrées** : Pre-packaged reimbursable variety of salads, wraps, sandwiches, PBJ Combo/ String cheese, and bento boxes are offered daily. Choice of non-fat white, non-fat chocolate milk and water offered daily. All whole grain products.

**Questions or Concerns?**  
Contact Eric at [greeneric@saydel.net](mailto:greeneric@saydel.net)

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**The 5 Components of a School Lunch**

meat/meat alternate

grain

milk

**Offer Vs. Serve**  
Choose **1/2 cup fruit**,  
or **1/2 cup vegetable**,  
or 1/2 cup **combination**,  
and **at least 2 other**  
**components**. Choose all 5 for the best nutrition!

fruit

vegetable

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■ Conferences

■ Managers Choice

### Saydel Alternative Lunch

Week 1	Week 2	Week 3
Rockin Chicken Caesar Salad	Chef Salad	Chicken Bacon Ranch Salad
Yogurt Pack - Granola, Baby Carrots & Cubed Cheese	Pizza Munchable	Turkey and Cheese Sub Sandwich
PB&J with String Cheese and WG Goldfish Crackers	PB&J with String Cheese and WG Goldfish Crackers	PB&J with String Cheese and WG Goldfish Crackers

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