

School Lunch Menu: Assessment

Name: _____ Date: _____

Directions: Fill in the bubble next to the correct answer for each multiple-choice question.

1. A student lunch with an additional milk costs
 a. \$1.75.
 b. \$2.00.
 c. \$2.25.
 d. \$2.50.
2. The total calories of each meal includes a serving of
 a. skim milk.
 b. 2% milk.
 c. lowfat chocolate milk.
 d. whole milk.
3. Which item on the menu is subject to change?
 a. carrots
 b. fries
 c. salsa
 d. watermelon
4. Lunch will not be served on
 a. Monday.
 b. Tuesday.
 c. Wednesday.
 d. Friday.
5. Which meal has a total calorie count of 715?
 a. Fiesta Fajitas
 b. Soup & Sandwich
 c. Italian Pizza Pie
 d. Chuck Wagon
6. Meal charges must be approved by the
 a. cook.
 b. cashier.
 c. dietitian.
 d. office.
7. The School Lunch Menu is for the month of
 a. September.
 b. October.
 c. November.
 d. December.
8. On which day are carrot sticks on the menu?
 a. Monday
 b. Tuesday
 c. Wednesday
 d. Thursday
9. Which milk offered by the cafeteria is lowest in calories?
 a. lowfat chocolate
 b. skim
 c. 2%
 d. whole
10. The meal with the highest number of calories is served on
 a. Tuesday.
 b. Wednesday.
 c. Thursday.
 d. Friday.

School Lunch Menu

George Washington Carver Middle School September Lunch Menu



What's For Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>No School Labor Day</p> <p>* Total calories of entire meal with skim milk</p>	<p>6</p> <p>Fiesta Fajitas *680 Grilled Chicken, Soft Flour Tortillas, Cheese, and Salsa</p> <p>Spanish Rice Grilled Veggies</p> <p>**Watermelon Slice Ice Cold Milk</p>	<p>7</p> <p>Soup & Sandwich *610 Grilled Cheese Sandwich on Wheat Bread</p> <p>Creamy Tomato Soup w/Saltine Crackers</p> <p>Orange Wedges Ice Cold Milk</p>	<p>8</p> <p>Italian Pizza Pie *715 Homemade Pepperoni Pizza</p> <p>Fresh Carrot Sticks w/Low-Fat Dip</p> <p>Pineapple Chunks Ice Cold Milk</p>	<p>9</p> <p>Chuck Wagon *975 BBQ Pork Rib on Wheat Bun</p> <p>Oven Fries Baked Beans</p> <p>Apple Crisp Ice Cold Milk</p>

Meal Payment Guidelines: There is no charging for any meals without approval of the office.

****MENU SUBJECT TO CHANGE**

LUNCH PRICES (includes milk)	
Students	\$1.75
Reduced	\$0.40
Adult	\$3.75
Milk	\$0.25
Types:	
skim	80 calories
2%	120 calories
lowfat chocolate	158 calories