

A School Lunch Menu			
Food Item	Ingredients		
Spaghetti	Tomatoes Pasta (wheat)	Garlic Hamburger meat	Oregano
Side garden salad	Lettuce	Tomato	Cucumbers
Broccoli and cauliflower	Broccoli	Cauliflower	
Fruit salad	Apple Peaches	Pineapple Blueberries	Grapes
Orange juice	Orange	Sugar	

