

# American Bandstand Menu

## Menu Items

## Components

Chicken Tenders & Biscuit	Meat and Grain
Hamburger	Meat and Grain
BBQ Rib Sandwich	Meat and Grain
Chef Salad & Roll	Meat/Grain/Vegetable
Steamed Broccoli	Vegetable
Baby Carrots with Ranch Dip	Vegetable
Corn on the Cob	Vegetable
Shoestring Potatoes (MWF)	Vegetable
Pinto Beans	Vegetable
Green Beans	Vegetable
Fruit Cup	Fruit
Fresh Fruit	Fruit
Chocolate or White Milk	Milk

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Choose 3-5 different components to make a complete meal.

Students **MUST** select either a fruit or vegetable component.

Students may select up to two vegetables and two fruits.