


Winter Menu ♦ Grades K-5



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Chicken Penne Pasta w/ whole grain penne 1/2 c. Sautéed Kale 1/2 c. Fresh Orange slices Milk***</p>	<p>Crunchy Hawaiian Chicken on whole grain tortilla Wrap 1/4 c. Mexicali 1/2 c. Red pepper strips w/ 1/4 c. Hummus 1/2 c. Fresh Pear slices Milk</p>	<p>Cheeseburger on whole wheat bun Tasty Sweet Potato Tots 1/2 c. Seasoned Broccoli Whole banana Milk</p>	<p>Sweet and Sour Chicken 1/4 c. Black Bean Salsa w/ Whole Grain tortilla chips 1/2 c. Seasoned Carrots 1/2 c. Pineapple chunks Milk</p>	<p>Cheese Pizza on whole grain crust 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Scalloped Potatoes 1/2 c. Peach Cup Milk</p>
Week 2	<p>Chicken Quesadilla on whole grain tortilla 1/2 c. Tomato and cucumbers w/ 1 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh Orange slices Milk</p>	<p>Hot Turkey and Cheese on whole grain bread 1/2 c. Sesame Broccoli 1/2 c. Mashed potatoes Fresh Banana Milk</p>	<p>Hot Dog on whole grain bun 1 c. Tossed Salad (romaine lettuce, tomato, carrots, mushrooms) 1 Tbsp. ranch dressing 1/2 c. Fresh Grapes Milk</p>	<p>Chicken Fajita Stir Fry (3/4 cup w/ 1/2 c. whole grain rice 1/2 c. Green peas 1/2 c. Fresh Pear slices Milk</p>	<p>Pork Salad Wrap 1/2 c. Marinated Black Beans 1/2 c. Seasoned Green beans 1/2 c. Pineapple chunks Milk</p>
Week 3	<p>Sloppy Joe on Whole Wheat Bun 2/3 c. Baked beans 1/2 c. Green beans 1/2 c. Peach Cup Milk</p>	<p>Smokin' Powerhouse Chili Whole Grain Corn bread 1/2 c. Green peas 1/2 c. Fresh apple slices Milk</p>	<p>Chicken Alfredo w/ whole grain rotini Whole Grain Roll 1/2 c. Seasoned Broccoli 1/2 c. Sweet corn 1/2 c. Fresh Pear Slices Milk</p>	<p>Roasted Fish Crispy Slaw 1/2 wrap on whole grain tortilla 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushrooms) 4 oz. Low-fat Vanilla yogurt Whole Banana Whole grain Royal Brownie Milk</p>	<p>Mexican pizza on whole grain flatbread 1/4 c. Salsa w/ Whole Grain Tortilla chips Mozzarella Cheese stick 2/3 cup Potato Salad 1/2 c. Pineapple Chunks Milk</p>
Week 4	<p>Santa Fe Chicken Wrap on whole grain tortilla 1/2 c. Marinated Black beans Salad 1/2 cup Cucumber & cherry tomatoes w/ 2 Tbsp. Low-fat Ranch Dressing 1/2 c. Fresh Grapes Whole Grain Banana Bread Milk</p>	<p>Cheeseburger on whole wheat bun 1/2 c. Potato Wedges 1/2 c. Green Peas 1/2 c. Fresh pears Slices Milk</p>	<p>Purple Power Bean Wrap on whole grain tortilla 1/2 c. Fresh Carrot Sticks w/ 1/4 c. Hummus & Whole Grain Pita Chips 1/2 c. Sautéed Kale 1/2 c/ Fresh Orange slices Low-fat String Cheese Milk</p>	<p>Chicken Penne w/ whole grain pasta w/ Whole grain roll 1/2 c. Winter Squash 1/2 c. Fresh Apple Slices w/ 1 tbsp. Almond Butter Milk</p>	<p>Harvest Stew Whole grain roll 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushrooms) 1/2 c. Pineapple Chunks Milk</p>
Week 5	<p>Volcanic Meatloaf Whole grain roll 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Mashed potatoes 1/2 c. Peach cup Milk</p>	<p>Chicken Quesadilla on whole grain tortilla 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh Orange slices Milk</p>	<p>Southwest Burrito 1/4 c. Black bean Salsa w/ whole grain tortilla chips 1/2 c. Seasoned green beans 1 c. Applesauce Milk</p>	<p>Cheese Pizza 1/2 c. Sautéed spinach 1/2 c. Red Peppers w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh pear slices Milk</p>	<p>Tuna Salad on whole grain bread 1/3 c. Baked beans 1/2 c. Sweet corn 1/2 c. Pineapple chunks Milk</p>

***1 % white milk and Fat-free flavored milk offered daily

Winter Lunch Menu ◇ Week 1 Breakdown (Grades K-5)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Chicken Penne Pasta w/ whole grain penne 1/2 c. Sautéed Kale 1/2 c. Fresh Orange slices Milk	Crunchy Hawaiian Chicken on whole grain tortilla Wrap 1/4 c. Mexicali 1/2 c. Red pepper strips w/ 1/4 c. Hummus 1/2 c. Fresh Pear slices Milk	Cheeseburger on whole wheat bun Tasty Sweet Potato Tots 1/2 c. Seasoned Broccoli Whole banana Milk	Sweet and Sour Chicken 1/4 c. Black Bean Salsa w/ Whole Grain tortilla chips 1/2 c. Seasoned Carrots 1/2 c. Pineapple chunks Milk	Cheese Pizza on whole grain crust 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Scalloped Potatoes 1/2 c. Peach Cup Milk		
Fruits	Orange slices = 1/2 cup	Fresh Pears=1/2 cup	Whole banana= 1 cup	Pineapple= 1/2 cup	Peaches= 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green	Kale= 1/2 cup Chic penne (Broccoli)= 3/8 cup	Wrap (spinach)= 1/8 cup	Seasoned Broccoli=1/2 cup		Romaine lettuce 1/2 cup	2 cups	1/2 cup
Red/Orange		Red pepper= 1/2 cup	Tasty Tots (sweet potato)= 3/8 cup	Seasoned carrots: 1/2 cup	Pizza (tomato) 1/8 Cherry tomato= 1/2 cup	2 cups	3/4 cup
Beans/Peas (Legumes)		Hummus (chickpea)= 1/4 cup		Black bean salsa: 1/2 cup		3/4 cup	1/2 cup
Starchy					Scalloped potatoes= 1/2 cup	1/2 cup	1/2 cup
Other		Mexicali (corn)= 1/4 cup	Tasty tots (onion & chickpea)= 1/4 cup		Cucumber= 1/4 cup Mushroom= 1/2 cup	1 1/8 cup	1/2 cup
Total Vegetable						6 7/8cups	3 3/4 cups
Grains *	Chicken penne= 1 3/4 oz.	Chicken wrap= 3/4 oz. eq.	Whole grain bun= 2 oz.	Tortilla chips= 1.5 oz. eq.	Pizza= 2oz.	8 oz. eq. 8 oz.= whole grain-rich	8-9 oz. Eq.
Meat/Meat Alternate	Chicken penne= 1 oz. eq.	Chicken wrap=1 oz.	Hamburger: 2 oz.. Cheese= 1 oz.	Chicken nuggets 2 oz.	Pizza 2oz. Eq.	9 oz.	8-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All whole grains must be whole grain-rich

Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	623.86 kcals	550-650 kcals
Sodium	967.12 mg	≤ 1230 mg
Saturated Fat	5.49 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

<u>Chic' Penne</u>	<u>Black bean and corn salsa</u>
<u>Crunchy Hawaiian Chicken Wrap</u>	<u>Orange Glazed Carrots</u>
<u>Sesame Broccoli</u>	<u>Pizza</u>
<u>Sweet Potato Tots</u>	<u>Tossed Salad</u>
<u>Sweet & Sour chicken</u>	<u>Scalloped Potatoes</u>

Summary of USDA Foods

Grains

Whole Grain Tortilla
Rice, Whole grain
Roll, Whole grain
Rotini, Whole grain

Meat/ Meat Alternate

Turkey
Chicken
Beef Patty

Vegetables

Sweet corn
Sweet potato, canned
Potatoes
Beans
Carrots, fresh
Tomato sauce


Fruits

Fresh Apple Slices
Fresh Pears
Oranges, fresh

Produce Pricing: Coming Soon!

Conventional	Local
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Winter Lunch Menu ♦ Week 2 Breakdown (Grades K-5)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Quirky Quesadilla on whole grain tortilla 1/2 c. Tomato and cucumbers w/ 1 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh Orange slices Milk	Hot Turkey and Cheese on whole grain bread 1/2 c. Sesame Broccoli 1/2 c. Mashed potatoes Fresh Banana Milk	Hot Dog on whole grain bun 1 c. Tossed Salad (romaine lettuce, tomato, carrots, mushrooms) 1 Tbsp. ranch dressing 1/2 c. Fresh Grapes Milk	Chicken Fajita Stir Fry (3/4 cup) w/ 1/2 c. whole grain rice 1/2 c. Green peas 1/2 c. Fresh Pear slices Milk	Pork Salad Wrap 1/2 c. Marinated Black Beans 1/2 c. Seasoned Green beans 1/2 .c Pineapple chunks Milk		
Fruits	Orange slices= 1/2 cup	Banana= 1 cup	Grapes= 1/2 cup	Pear slices= 1/2 cup	Pineapple chunks= 1/2 cup	3 cups	3 1/4 cups
Vegetables							
Dark Green		Sesame broccoli= 1/2 cup	1 cup Romaine lettuce= 1/2 cup eq.			1 cup	1/2 cup
Red/Orange	Tomato wedges= 1/4 cup		Cherry tomato= 1/4 cup Carrots= 1/8 cup	Stir fry (butternut squash; red pepper)= 3/8 cup		1 cup	3/4 cup
Beans/Peas (Legumes)	Quesadilla (refried beans)=1/4 cup				Marinated black beans= 1/2 cup	7/8 cup	1/2 cup
Starchy		Mashed potatoes= 1/2 cup	Mushrooms= 1/8 cup	Stir fry (corn)= 1/8 cup		5/8 cup	1/2 cup
Other	Cucumber= 1/4 cup			Stir fry (onion)= 1/4 cup	Green beans= 1/2 cup	1 1/8 cup	1/2 cup
Total Vegetable						4 5/8 cup	3 3/4 cups
Grains*	Quesadilla= 1.5 oz. eq.	2 slices whole grain bread= 2 oz.	Hot dog bun= 2 oz.	Stir fry rice= 1 oz.	Whole grain wrap= 2 oz.	8 oz. eq. 8 oz. = whole grain rich	8-10 oz. eq
Meat/Meat Alternate	Quesadilla= 2 oz.	Turkey and cheese= 2 oz.	Hot dog= 2 oz.	Stir fry= 1 1/4 oz. eq.	Pork wrap = 1.75	9 oz.	9-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5cups	5 cups

* All whole grains must be whole grain-rich

Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	623.57 kcals	550-650 kcals
Sodium	1123.83 mg	≤ 1230 mg
Saturated Fat	6.33 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

<u>Quirky Quesadilla</u>	<u>Chicken Fajita Stir Fry</u>
<u>Toasted Turkey Ham & Cheese</u>	<u>Pork Salad Wrap</u>
<u>Sesame Broccoli</u>	<u>Corn & Black Bean Salad</u>
<u>Mashed Potatoes</u>	<u>Tasty Sweet Potato Tots</u>
<u>Tossed Salad</u>	

Summary of USDA Foods

Grains

[Whole Grain Tortilla](#)
[Rice, Whole grain](#)
[Roll, Whole grain](#)

Meat/ Meat Alternate

[Low Sodium Ham](#)
[Cheese](#)
[Turkey](#)
[Chicken](#)
[Ground Beef](#)

Vegetables

[Green Beans](#)
[Green Peas](#)
[Black Beans](#)
[Carrots, fresh](#)
[Potatoes](#)

Fruits

[Fresh Pears](#)
[Oranges, fresh](#)

Produce Pricing: Coming Soon!

Conventional	Local
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Winter Lunch Menu ◇ Week 3 Breakdown (Grades K-5)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Sloppy Joe on Whole Wheat Bun 2/3 c. Baked beans 1/2 c. Green beans 1/2 c. Peach Cup Milk	Smokin' Power-house Chili Whole Grain Corn bread 1/2 c. Green peas 1/2 c. Fresh apple slices Milk	Chicken Alfredo w/ whole grain rotini Whole Grain Roll 1/2 c. Seasoned Broccoli 1/2 c. Sweet corn 1/2 c. Fresh Pear Slices Milk	Roasted Fish Crispy Slaw 1/2 wrap on whole grain tortilla 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushrooms) 4 oz. Low-fat Vanilla yogurt Whole Banana Whole grain Royal Brownie	Mexican pizza on whole grain flatbread 1/4 c. Salsa w/ Whole Grain Tortilla chips Mozzarella Cheese stick 2/3 cup Potato Salad 1/2 c. Pineapple Chunks Milk		
Fruits	Peaches= 1/2 cup	Apple slices=1/2 cup	Pear halves= 1/2 cup	Banana= 1 cup	Pineapple= 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green			Seasoned broccoli= 1/2 cup	Romaine lettuce= 1 cup= 1/2 cup eq.		1 cup	1/2 cup
Red/Orange	Sloppy joe (tomato paste)= 1/4 cup	Chili (carrots; red pepper; sweet potato) = 1/2 cup		Cherry tomato= 1/4 cup Fish Wrap (carrots)=	Mexican pizza= 1/8 cup Salsa= 1/4 cup	1 1/2 cup	3/4 cup
Beans/Peas (Legumes)	Baked beans= 2/3 cup				Mexican pizza= 1/4 cup	1 cup	1/2 cup
Starchy		Green peas= 1/2 cup	Sweet corn= 1/2 cup		Mexican pizza= 1/8 cup Potato salad= 2/3 cup	1 4/5 cup	1/2 cup
Other	Green beans= 1/2 cup	Chili= 1/8 cup		Salad (1/8 Cucumber & 1/8 Mushrooms) = 1/4 cup Fish Wrap (cabbage)=1/2 cup		1 3/8 cup	1/2 cup
Total Vegetable		Chili= 1/8 cup additional				6 3/5 cups	3 3/4 cups
Grains*	Sloppy Joe roll= 2 oz.	Chili= 1/2 oz. eq. Corn bread= 1 oz.	Alfredo= 1 oz. Whole grain roll= 1.5 oz.	Fish Wrap = 0.75 oz. Whole grain Royal brownie= 0.5 oz.	Mexican Pizza= 1/2 oz. Whole grain tortilla chips = 1.0 oz.	8 1/4 oz. eq. 8 1/4 oz.= whole grain rich	8-9 oz. eq.
Meat/Meat Alternate	Sloppy joe= 2 oz.	Chili= 1 oz.	Chicken Alfredo= 2 oz.	Fish Wrap= 1.25 oz. 1/2 cup Yogurt= 1 oz.	Cheese stick 1 oz.	8 1/4 oz. eq.	8-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All whole grains must be whole grain-rich

Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	639.66 kcals	550-650 kcals
Sodium	819.28 mg	≤ 1230 mg
Saturated Fat	4.98 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

<u>Sloppy Joe</u>	<u>Roasted Fish Crispy</u>
<u>Baked Beans</u>	<u>Slaw Wrap</u>
<u>Smokin' Powerhouse Chili</u>	<u>Tossed Salad</u>
<u>Corn Bread</u>	<u>Mexican Eagle Pizza</u>
<u>Chicken Alfredo w/ a Twist</u>	<u>Potato Salad</u>
	<u>Royal Brownie</u>

Summary of USDA Foods

Grains <u>Whole Grain Tortilla</u> <u>Rice, Whole grain</u> <u>Roll, Whole grain</u> <u>Rotini, Whole grain</u>	Vegetables <u>Sweet corn</u> <u>Sweet potato, canned</u> <u>Green Beans</u> <u>Vegetarian Beans</u> <u>Carrots, fresh</u> <u>Green Peas</u>
Meat/ Meat Alternate <u>Turkey</u> <u>Chicken</u> <u>Ground Beef</u> <u>Cheese Stick</u>	Fruits <u>Peaches, Canned</u> <u>Fresh Apple Slices</u> <u>Fresh Pears</u>

Produce Pricing: Coming Soon!

Conventional	Local
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Winter Lunch Menu ◇ Week 4 Breakdown (Grades K-5)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Santa Fe Chicken Wrap on whole grain tortilla 1/2 c. Marinated Black beans Salad 1/2 cup Cucumber & cherry tomatoes w/ 2 Tbsp. Low-fat Ranch Dressing 1/2 c. Fresh Grapes Whole Grain Banana Bread Milk	Cheeseburger on whole wheat bun 1/2 c. Potato Wedges 1/2 c. Green Peas 1/2 c. Fresh pears Slices Milk	Purple Power Bean Wrap on whole grain tortilla 1/2 c. Fresh Carrot Sticks w/ 1/4 c. Hummus & Whole Grain Pita Chips 1/2 c. Sautéed Kale 1/2 c/ Fresh Orange slices Low-fat String Cheese Milk	Chicken Penne w/ whole grain pasta w/ Whole grain roll 1/2 c. Winter Squash 1/2 c. Fresh Apple Slices w/ 1 tbsp. Almond Butter Milk	Harvest Stew Whole grain roll 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushrooms) 1/2 c. Pineapple Chunks Milk		
Fruits	Grapes= 1/2 cup	Fresh pears= 1/2 cup	Oranges= 1/2 cup	Apples= 1/2 cup	Pineapple= 1/2 cup	2 1/2 cups	2 1/2 cups
Vegetables							
Dark Green	Santa fe (romaine lettuce) = 1/4 cup		Sautéed kale= 1/2 cup Wrap= 1/8 cup	Chicken penne (Broccoli)= 3/8 cup	1 cup Romaine lettuce= 1/2 cup eq.	1 3/4 cup	1/2 cup
Red/Orange	Cherry tomatoes= 1/4 cup		Carrot sticks= 1/2 cup		Stew (Sweet potato; carrots)=1/4 cup	1 cup	3/4 cup
Beans/Peas (Legumes)	Black beans=1/2 cup		Hummus (chickpeas)= 1/4 cup			3/4 cup	1/2 cup
Starchy		Green peas= 1/2 cup Potato wedges= 1/2 cup				1 cup	1/2 cup
Other	Cucumber= 1/4 cup Wrap= 1/4 cup		Wrap (Purple cabbage)= 1/8 cup	Winter squash= 1/2 cup	Salad (1/8 cup Cucumber & 1/8 cup mushroom)= 1/4 cup Stew (onions & Celery) = 1/8 cup	1 1/2 cup	1/2 cup
Total Vegetable						6 cups	3 3/4 cups
Grains*	Wrap= 3/4 oz. eq. Whole grain banana bread= 1 oz.	Whole wheat bun= 2 oz.	Wrap= 3/4 oz. eq. Pita chips = 1 oz.	Chicken penne = 1 3/4 oz. Roll= 1 oz.	Whole grain roll= 1 oz.	8 1/2 oz. 8 1/2 oz. whole grain rich	8-9oz. Eq.
Meat/Meat Alternate	Wrap= 2 oz.	Beef burger= 2 oz. Cheese= 1 oz.	Wrap= 1/2 oz. String cheese= 1 oz.	Chicken penne= 1 oz. Almond butter= 1 oz. = 0.5oz eq.	Harvest Stew= 1 1/2 oz. eq.	9.5 oz. eq.	8-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5cups	5 cups

* All whole grains must be whole grain-rich

Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	650.07 kcals	550-650 kcals
Sodium	805.51 mg	≤ 1230 mg
Saturated Fat	5.12 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

<u>Santa Fe Chicken Wrap</u>	<u>Chic' Penne</u>
<u>Black Bean Salad</u>	<u>Harvest Stew</u>
<u>Ranch Potato Wedges</u>	<u>Tossed Salad</u>
<u>Purple Power Bean Wrap</u>	<u>Whole grain banana bread</u>

Summary of USDA Foods

Grains

[Whole Grain Tortilla](#)
[Rice Pilaf](#)
[Roll, Whole grain](#)
[Rotini, Whole grain](#)

Meat/ Meat Alternate

[Chicken](#)
[Beef Patty](#)
[Cheese Stick](#)

Vegetables

[Sweet potato, canned](#)
[Green Peas](#)
[Black Beans](#)
[Carrots, fresh](#)

Fruits

[Fresh Apple Slices](#)
[Fresh Pears](#)
[Oranges, fresh](#)

Produce Pricing: Coming Soon!

Conventional	Local
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Winter Lunch Menu ◇ Week 5 Breakdown (Grades K-5)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Volcanic Meatloaf Whole grain roll 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Mashed potatoes 1/2 c. Peach cup Milk	Quirky Quesadilla on whole grain tortilla 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh Orange slices Milk	Southwest Burrito 1/4 c. Black bean Salsa w/ whole grain tortilla chips 1/2 c. Seasoned green beans 1 c. Applesauce Milk	Cheese Pizza 1/2 c. Sautéed spinach 1/2 c. Red Peppers w/ 1 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh pear slices Milk	Tuna Salad on whole grain bread 1/3 c. Baked beans 1/2 c. Sweet corn 1/2 c. Pineapple chunks Milk		
Fruits	Peaches= 1/2 cup	Oranges= 1/2 cup	Applesauce= 1 cup	Pears= 1/2 cup	Pineapple = 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green	Romaine lettuce= 1 cup= 1/2 cup eq.	Seasoned broccoli= 1/2 cup		Sautéed spinach= 1/2 cup			1/2 cup
Red/Orange	Cherry tomato=1/4 cup	Tasty tots= 3/8 cup		Red pepper and carrots= 1/2 cup Pizza= 1/4 cup		1 1/4 cup	3/4 cup
Beans/Peas (Legumes)		Quesadilla= 1/4 cup	Black bean salsa= 1/4 cup		Baked beans= 1/3 cup	5/6cup	1/2 cup
Starchy	Mashed potatoes= 1/2 cup				Sweet corn= 1/2 cup	1 cup	1/2 cup
Other	Cucumber= 1/8 cup Mushroom= 1/8 cup Meatloaf= 1/8 cup	Tasty tots= 1/4 cup	Green beans= 1/2 cup Southwest burrito= 1/2 cup		Tuna Salad= 1/8 cup	1 1/2 cup	1/2 cup
Total Vegetable						6 cups	3 3/4 cups
Grains*	Whole grain roll= 1oz.	Quesadilla= 1.5 oz.	Burrito= 1 3/4 oz. Tortilla chips= 0.5oz.	Pizza= 2 oz. eq. Crust= 2 oz.	Whole grain bread= 2oz.	8 1/4 eq. 8 1/4 oz. whole grain rich	8-10 oz. eq
Meat/Meat Alternate	Meatloaf= 1 3/4 oz.	Quesadilla= 2 oz.	Burrito= 2 oz. (BBQ port 1.5/ cheese 0.5)	Pizza= 2 oz. eq.	Chicken Tenders = 2 oz.	9 3/4 oz.	9-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All whole grains must be whole grain-rich

Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	648.54 kcals	550-650 kcals
Sodium	1187.46mg	≤ 1230 mg
Saturated Fat	5.47 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

<u>Volcanic Meatloaf</u>	<u>Southwest Burrito</u>
<u>Tossed Salad</u>	<u>Marinated Black Bean Salad</u>
<u>Mashed Potatoes</u>	<u>Pizza</u>
<u>Quirky Quesadilla</u>	<u>Tuna Salad</u>
<u>Tasty Sweet Potato Tots</u>	<u>Baked Beans</u>

Summary of USDA Foods

Grains <u>Whole Grain Tortilla</u> <u>Rice Pilaf</u> <u>Roll, Whole grain</u> <u>Bread, whole grain</u> <u>Rotini, Whole grain</u>	Vegetables <u>Sweet potato, canned</u> <u>Green Beans</u> <u>Vegetarian Beans</u> <u>Carrots, fresh</u> <u>Sweet corn</u>
Meat/ Meat Alternate <u>Turkey</u> <u>Chicken</u> <u>Ground Beef</u>	Fruits <u>Fresh Pears</u> <u>Peaches</u> <u>Fresh Oranges</u> <u>Applesauce</u>

Produce Pricing: Coming Soon!

Conventional	Local
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