

Fall Lunch Menu ♦ Grades K-5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Barbecued Chicken Whole Grain Roll 1/4 c. Sesame Broccoli 2/3 c. Baked Beans 1/2 c. Fresh Pineapple Milk***	1 Fiesta Wrap 1/2 c. Brown Rice Pilaf 1/4 c. Butternut Squash 1/2 c. Sautéed kale 1/2 c. Fresh apple slices 1/2 Tbsp. Almond butter Milk	1/2 c. Chile Con Carne with Beans 1/2 c. Spanish Rice Whole Wheat Roll 1/2 c. Cooked Sweet Corn 1 c. Fresh Orange slices Milk	Opened Face Turkey with 2 tbsp. Gravy 1/2 c. Brown Rice Pilaf 1/2 c. Orange glazed Carrots 1/4 c. Green Beans 1/2 c. Peach cup Milk	Hamburger on whole grain bun 2/3 c. Sweet Potato Soufflé 1/2 c. Seasoned Peas 1/2 c. Fresh Pear halves Milk
Week 2	Chicken Salad Sandwich on whole grain bread 1/2 c. Green Beans 1/4 Red Pepper Slices 2 tbsp. Ranch dressing Whole Banana Milk	Sloppy Joe w/ whole wheat Roll 1 c. Spinach & Pear Salad Tasty Sweet Potato Tots 1/2 c. Peach Cup Milk	Chicken Alfredo w/ a Twist w/ whole grain pasta 1 c. Tossed Salad (Romaine lettuce; tomato; cucumber; green pepper) 1/2 c. Fresh Apple slices Milk	Chicken Fajitas on whole grain tortilla 1/2 c. Cooked corn Whole Grain tortilla chips w/ 1/4 c. Salsa 1/2 c. Fresh Pineapple Milk	Cheese Pizza w/ whole grain crust 1/4c. Fresh Carrots Sticks w/ 1/2 cup Hummus 1/2 c. Fresh Grapes Milk
Week 3	Walking Taco Whole grain Tortilla chips 1/4 c. Red Pepper Strips w/ 1/4 c. Hummus 1/2 c. Fresh Apple slices Milk	Chicken Fajita Stir Fry w/ 1/2 c. Whole grain rice 1 c. Tossed Salad (romaine lettuce, cherry tomato, cucumber, Green Pepper) 2 Tbsp. Ranch Dressing 1/2 c. Fresh Pineapple chunks Milk	1 c. Sweet potato and black bean stew Whole grain roll 1/2 c. Potato Salad 1 c. Fresh Grapes Milk	Whole wheat cheese pizza 1/4 c. Seasoned Corn 1/4 c. Lentils of the Southwest Whole Banana Milk	1 1/2 c. Chicken Penne w/ Whole grain roll 1/2 c. Orange Glazed Carrots 1/2 c. Sliced pears Milk
Week 4	Toasted Turkey Ham and Cheese Sub 1/2 c. Sautéed Kale 1/2 c. Green Peas Whole banana Milk	"Quirky" Beef Quesadilla 1/2 c. Whole grain rice 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Black beans 1/2 c. Fresh pineapple chunks Milk	Whole Wheat Rotini w/ Meat sauce 1/2 c. Red pepper & carrots strips w/ 2 tbsp. Low-fat ranch dip 1 c. Fresh pears halves Milk	Beef & Refried Bean Burrito 1/2 c. Harvest Delight: sweet potatoes, squash, apples, cranberries 1/2 c. Green beans 1/2 c. Fresh grapes Milk	Crunchy Hawaiian Chicken Wrap (1/2 wrap) Whole grain tortilla chips w/ 1/4 c. Fresh Salsa 1/2 c. Sweet corn 1/2 c. Fresh apple slices Milk
Week 5	Sloppy Joe on whole wheat bun 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Fresh Grapes Milk	Honey Lemon chicken w/ 1/2 c. Brown Rice Pilaf 1/4 c. carrot sticks w/ 1/2 c. Hummus 1/2 c. Fresh pineapple slices Milk	Hot Turkey & Cheese on whole grain sub roll 1/4 c. Seasoned Collard Greens 1/2 c. Apple Slices 1 tbsp. Almond Butter Milk	Cheeseburger salad wrap on whole grain tortilla 1/2 c. Cooked corn 1 Tbsp. ketchup 1 c. Fresh pear slices Milk	Purple Power Bean Wrap on whole grain tortilla Tasty Sweet Potato Tots Whole Banana Milk

***1 % Unflavored and Non-fat/Skim Flavored milk offered as daily options

Fall Lunch Menu ◊ Week 1 Breakdown ◊ Grades K-5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Barbecued Chicken Whole Grain Roll 1/4 c. Sesame Broccoli 2/3 c. Baked Beans 1/2 c. Fresh Pineapple Milk	1 Fiesta Wrap 1/2 c. Brown Rice Pilaf 1/4 c. Butternut Squash 1/2 c, Sautéed kale 1/2 c. Fresh apple slices 1/2 Tbsp. Almond butter Milk	1/2 c. Chile Con Carne with Beans 1/2 c. Spanish Rice Whole Wheat Roll 1/2 c. Cooked Sweet Corn 1 c. Fresh Orange slices Milk	Opened Face Turkey with 2 tbsp. Gravy 1/2 c. Brown Rice Pilaf 1/2 c. Orange glazed Carrots 1/4 c. Green Beans 1/2 c. Peach cup Milk	Hamburger on whole grain bun 2/3 c. Sweet Potato Soufflé 1/2 c. Seasoned Peas 1/2 c. Fresh Pear halves Milk		
Fruits	Fresh pineapple = 1/2 cup	Apple slices = 1/2 cup	1 whole orange, sliced= 1 cup	Fresh Peaches = 1/2 cup	Pear halves= 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green	Broccoli = 1/4 cup	Sautéed kale = 1/2 cup				3/4 cup	1/2 cup
Red/Orange		Butternut Squash= 1/4 cup		Glazed Carrots=1/2 cup	Sweet potato soufflé= 2/3 cup	1 2/5 cup	3/4 cup
Beans/Peas (Legumes)	2/3 cup Baked Beans= 1/2 cup eq.					1 cup	1/2 cup
Starchy			Sweet Corn= 1/2 cup		Green Peas= 1/2 cup	1 cup	1/2 cup
Other			Chile con Carne with Beans = 3/8 cup Spanish Rice= 1/8 cup	Green beans= 1/4 cup		3/4 cup	1/2 cup
Total Vegetable						4 4/7 cup	3 3/4 cups
Grains*	Whole grain roll= 1 oz.	Brown Rice Pilaf = 1 oz. eq. Fiesta wrap= 1 oz.	Spanish rice= 1 oz.-eq. Whole Grain Roll= 2 oz.-eq.	1 slice whole grain bread= 1 oz. eq. 1/2 cup Brown Rice Pilaf= 1 oz.	Hamburger roll= 2 oz.	9 oz. eq. 9 oz.= whole grain-rich	8-9oz. Eq.
Meat/Meat Alternate	Barbecued Chicken = 2 oz.	1 Fiesta Wrap = 2 oz. 1/2 Tbsp. Almond butter= 0.25 oz. eq.	Chile con Carne with Beans = 2 oz.	Turkey= 2 oz.	Hamburger= 2 oz.	10 oz. eq.	8-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	608.89 kcal s	550-650 kcals
Sodium	780.94mg	≤ 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

[Barbecued Chicken](#)
[Fiesta Wrap](#)
[Sweet Potato Soufflé](#)
[Sesame Broccoli](#)
[Orange Glazed Carrots](#)

Summary of USDA Foods

Grains

[Roll, Whole grain](#)
[Spanish Rice](#)
[Bread, whole grain](#)
[Bun, Whole Grain](#)
[Brown Rice Pilaf](#)

Vegetables

[Mashed Potatoes](#)
[Baked Beans](#)
[Sweet Corn](#)
[Green Beans](#)
[Green Peas](#)

Meat/ Meat Alternate

[Chile Con Carne](#)
[Turkey, Sliced](#)
[Cheddar Cheese](#)
[Beef Patty](#)


Fruit

[Apple Slices, Fresh](#)
[Oranges, fresh](#)
[Peach cup](#)
[Pear Halves, Fresh](#)

Produce Pricing: Coming Soon!

Conventional	Local

Fall Lunch Menu ♦ Week 2 Breakdown ♦ Grades K-5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Chicken Salad Sandwich on whole grain bread 1/2 c. Green Beans 1/4 Red Pepper Slices 2 tbsp. Ranch dressing Whole Banana Milk	Sloppy Joe w/whole wheat Roll 1 c. Spinach & Pear Salad Tasty Sweet Potato Tots 1/2 c. Peach Cup Milk	Chicken Alfredo w/ a Twist w/ whole grain pasta 1 c. Tossed Salad (Romaine lettuce; tomato; cucumber; green pepper) 1/2 c. Fresh Apple slices Milk	Chicken Fajitas on whole grain tortilla 1/2 c. Cooked corn Whole Grain tortilla chips w/ 1/4 c. Salsa 1/2 c. Fresh Pineapple Milk	Cheese Pizza w/ whole grain crust 1/4c. Fresh Carrots Sticks w/ 1/2 cup Hummus 1/2 c. Fresh Grapes Milk		
Fruits	1 large banana= 1 cup	Spinach Salad: Pears Raisins (1/4 cup)= 1/2 cup eq.	Apple slices= 1/2 cup	Pineapple=1/2 cup	Grapes=1/2 cup	3 1/2 cups	2 1/2 cups
Vegetables							
Dark Green		1 cup Spinach (Salad)= 1/2 cup eq.	Tossed salad (1 cup Romaine lettuce)= 1/2 cup eq.			1 cup	1/2 cup
Red/Orange	Red pepper slices= 1/4cup	Tasty tots (sweet potato)= 3/8 cup		Salsa (tomato)= 1/4 cup	Carrots= 1/4cup Pizza (tomato/paste)= 1/4 cup	1 3/8 cups	3/4 cup
Beans/Peas (Legumes)					Hummus= 1/2 cup	1/2 cup	1/2 cup
Starchy				Corn=1/2 cup		1/2 cup	1/2 cup
Other	Green Beans=1/2 cup	Sloppy Joe=1/4 cup Tasty tots (Onion & chickpea)= 3/8 cup	Salad: (cucumber & Green pepper)= 1/4 cup	Chicken Fajita (onion)= 1/8 cup		1 1/2 cup	1/2 cup
Total Vegetable						4 7/8 cups	3 3/4 cups
Grains*	Chicken Salad=2 slices whole grain bread= 2 oz.	Sloppy Joe=2 oz.	Chicken alfredo pasta= 1 oz.	Chicken Fajita (Tortilla)=1 oz. eq. Whole grain tortilla chips=1 oz. eq.	Whole grain pizza crust=2 oz. eq.	9oz. eq. 9 oz.= whole grain-rich	8-9 oz. eq
Meat/Meat Alternate	Chicken Salad=2 oz. eq.	Sloppy Joe= 2 oz. eq.		Chicken Fajita=2 oz. eq.	1 slice Pizza (Cheese)=2 oz. eq.	10 oz.	8-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	632.63 kcal	550-650 kcal
Sodium	901.30 mg	≤1230mg
Saturated Fat	5.54 %	< 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>Chicken Salad</u>	<u>Pizza</u>
<u>Sloppy Joe</u>	<u>Marinated Black Bean</u>
<u>Chicken Alfredo with a Twist</u>	<u>Salad</u>
<u>Chicken Fajitas</u>	<u>Tossed Salad</u>
	<u>Sweet Potato Tots</u>

Summary of USDA Foods

Grains

Roll, whole grain
Bread, whole grain
Rotini, Whole Grain
Tortilla, Whole Grain

Vegetables

Green Beans
Sweet Corn
Baby Carrots, Fresh

Fruits

Peach Cup
Pear Halves
Apple Slices

Meat/ Meat Alternate

Chicken
Ground Beef
Cheese

Produce Pricing: **Coming Soon!**

Conventional

Local

Fall Lunch Menu ♦ Week 3 Breakdown ♦ Grades K-5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Walking Taco Whole grain Tortilla chips 1/4 c. Red Pepper Strips w/ 1/4 c. Hummus 1/2 c. Fresh Apple slices Milk	Chicken Fajita Stir Fry w/ 1/2 c. Whole grain rice 1 c. Tossed Salad (romaine lettuce, cherry tomato, cucumber, Green Pepper) 2 Tbsp. Ranch Dressing 1/2 c. Fresh Pineapple chunks Milk	1 c. Sweet potato and black bean stew Whole grain roll 1/2 c. Potato Salad 1 c. Fresh Grapes Milk	Whole wheat cheese pizza 1/4 c. Seasoned Corn 1/4 c. Lentils of the Southwest Whole Banana Milk	Chicken Penne (1 1/2 cup) w/ Whole grain roll 1/2 c. Orange Glazed Carrots 1/2 c. Sliced pears Milk		
Fruits	Apple slices = 1/2 cup	Fresh Pineapple= 1/2 cup	Fresh Grapes= 1/2 cup	Whole banana= 1 cup	Pears= 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green		1 cup Romaine lettuce= 1/2 cup eq.			Chic Penne (Spinach)=3/8 cup	7/8 cup	1/2 cup
Red/Orange	Red pepper= 1/4 cup Taco (tomato)= 1/4 cup	Stir fry=(butternut squash; red pepper)= 3/8 cup stir fry= 3/8 cup	Stew (sweet potato)= 1/4 cup	Pizza (tomato/paste)= 1/4 cup	Glazed carrots= 1/2cup	1 3/4 cups	3/4 cup
Beans/Peas (Legumes)	Hummus (chickpeas)= 1/4 cup			Lentils of the southwest= 1/4 cup		1/2 cup	1/2 cup
Starchy		Stir fry (corn)=1/8 cup	2/3 cup potato salad = 1/2 cup eq.	Corn= 1/4 cup		7/8 cup	1/2 cup
Other	Taco (Iceberg lettuce)=1/4 cup	Stir Fry (onion)= 1/4 cup Salad (cucumber & Green pepper)= 1/4 cup	Stew (Chili Peppers; Onion) =1/4 cup			1 cups	1/2 cup
Total Vegetable						5 cups	3 3/4 cups
Grains*	Whole Grain Tortilla chips= 1oz.	Stir fry (whole grain rice) = 1 oz. eq.	Whole grain roll= 2 oz.	Pizza crust=2 oz.	Multi-grain Chic' Penne= 1 3/4 oz. eq. Whole grain dinner roll = 1 oz.	8 3/4- 8.75 oz. = whole grain-rich	8-9 oz. eq.
Meat/Meat Alternate	Walking taco= 3 oz.	Chicken stir fry 1 1/4 oz. eq.	Stew (Black Beans)= 3 oz. eq.	Pizza 1.5 oz. Eq.	Chic' Penne: 1 oz. eq.	9 3/4 oz.	8-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5cups	5 cups

* All grains must be whole grain-rich

Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	600.15 kcal	550-650 kcals
Sodium	947.15 mg	≤ 1230 mg
Saturated Fat	3.71 %	< 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>Walking Taco</u>	<u>Lentils of the Southwest</u>
<u>Stir Fry</u>	<u>Three Bean Salad</u>
<u>Sweet Potato and Black Bean Stew</u>	<u>Orange Glazed Carrots</u>
<u>Pizza</u>	<u>Sesame Broccoli</u>
<u>Chicken Penne</u>	<u>Tossed Salad</u>

Summary of USDA Foods

Grains	Vegetables
<u>Rice, Whole grain</u>	<u>Potato Salad</u>
<u>Roll, Whole grain</u>	<u>Green Peas</u>
<u>Tortilla, Whole Grain</u>	<u>Sweet Corn</u>
Meat/ Meat Alternate	Fruits
<u>Ground Beef</u>	<u>Fresh Pears</u>
<u>Chicken</u>	<u>Fresh Apple Slices</u>
<u>Cheese</u>	

Produce Pricing: Coming Soon!

Conventional	Local
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Fall Lunch Menu ♦ Week 4 Breakdown ♦ Grades K-5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Toasted Turkey Ham and Cheese Sub 1/2 c. Sautéed Kale 1/2 c. Green Peas Whole banana Milk	“Quirky” Beef Quesadilla 1/2 c. Whole grain rice 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Black beans 1/2 c. Fresh pineapple chunks Milk	Whole Wheat Rotini w/ meat sauce 1/2 c. Red pepper & carrots strips w/ 2 tbsp. Low-fat ranch dip 1 c. Fresh pears halves Milk	Beef & Refried Bean Burrito 1/2 c. Harvest Delight: sweet potatoes, squash, apples, cranberries 1/2 c. Green beans 1/2 c. Fresh grapes Milk	Crunchy Hawaiian Chicken Wrap (1/2 wrap) Whole grain tortilla chips w/ 1/4 c. Fresh Salsa 1/2 c. Sweet corn 1/2 c. Fresh apple slices Milk		
Fruits	Banana=1 cup	Pineapple=1/2 cup	Pears=1/2 cup	Grapes =1/2 cup Harvest Delight (apples; cranberries)= 1/2 cup	Apple slices=1/2 cup	3 1/8 cups	2 1/2 cups
Vegetables							
Dark Green	Sautéed Kale = 1/4 cup	1 cup Romaine lettuce= 1/2 cup eq.			Wrap (spinach)= 1/8 cup	7/8 cup	1/2 cup
Red/Orange			Red peppers and carrots= 1/2 cup Meat sauce (tomato)= 1/2 cup	Harvest delight: (sweet potato; carrots)=3/8 cup	Salsa= 1/4 cup	1 5/8 cup	3/4 cup
Beans/Peas (Legumes)		Black beans= 1/2 cup		Burrito (refried beans)=1/8 cup		5/8 cup	1/2 cup
Starchy					Sweet corn= 1/2 cup	1/2 cup	1/2 cup
Other	Green Peas= 1/2 cup	Salad (1/8 cup cucumber & 1/8 cup Green pepper)= 1/4 cup Quesadilla= 1/4 cup		Harvest Delight (Red onion)=1/8 cup Green beans=1/4 cup	Wrap = 1/8 cup	1 1/2 cup	1/2 cup
Total Vegetable						5 1/8 cup	3 3/4 cup
Grains*	Sub roll= 2 oz. eq.	Quesadilla= 1.5 oz. eq.	Whole grain roll= 1 oz. Spaghetti = 1 oz.	Burrito tortilla= 1.5 oz. eq.	Wrap= 3/4 oz. eq. Whole grain tortilla chips= 1 oz.	8 3/4 cups 8 3/4 oz.= whole grain rich	8-9 oz. eq.
Meat/Meat Alternate	Turkey Ham & Cheese= 3 oz. eq.	Chicken quesadilla= 2 oz.	Spaghetti meat sauce= 2 oz.	Burrito (Beef)= 2 oz.	Wrap (Chicken)= 1 oz. .	10 oz. eq.	8-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	630.71 kcal	550-650 kcal
Sodium	1148.08 mg	≤ 1230 mg
Saturated Fat	6.97	< 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>Toasted Turkey Ham & Cheese</u>	<u>Crunchy Hawaiian Chicken Wrap</u>
<u>Quirky Quesadilla</u>	<u>Harvest Delight</u>
<u>Rotini with Meat Sauce</u>	<u>Tossed Salad</u>
<u>Beef & Refried Bean Burrito</u>	

Summary of USDA Foods

Grains

Bread, whole grain
Bread, whole grain
Rotini, Whole Grain

Vegetables

Green Peas
Green Peas
Carrot Sticks, Fresh
Green Beans
Sweet Corn

Meat/ Meat Alternate

Ground Beef
Turkey, Lean
Ham, Reduced sodium
Chicken, Lean

Fruits

Fresh Apple Slices
Fresh Pears

Produce Pricing: **Coming Soon!**

Conventional	Local

Fall Lunch Menu ♦ Week 5 Breakdown (Grades K-5)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Sloppy Joe on whole wheat bun 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Fresh Grapes Milk	Honey Lemon chicken w/ 1/2 c. Brown Rice Pilaf 1/4 c. carrot sticks w/ 1/2 c. Hummus 1/2 c. Fresh pineapple slices Milk	Hot Turkey & Cheese on whole grain sub roll 1/4 c. Seasoned Collard Greens 1/2 c. Apple Slices 1 tbsp. Almond Butter Milk	Cheeseburger salad wrap on whole grain tortilla 1/2 c. Cooked corn 1 Tbsp. ketchup 1 c. Fresh pear slices Milk	Purple Power Bean Wrap on whole grain tortilla Tasty Sweet Potato Tots Whole Banana Milk		
Fruits	Grapes=1/2 cup	Pineapple=1/2 cup	Apple slices=1/2 cup	Pear slices= 1/2 cup	Whole banana=1 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green	1 cup Romaine lettuce=1/2 cup		Seasoned Collard Greens=1/4 cup	Wrap (Romaine lettuce)= 1/2 cup	Bean wrap (romaine lettuce)= 1/4 cup	1 1/2 cup	1/2 cup
Red/Orange	Sloppy Joe (tomato paste)= 1/4 cup	Carrots=1/4 cup		Cheeseburger wrap (tomato)= 1/4 cup	3 Tasty Tots (sweet potato)= 1/5 cup (1/2 serving)	1 3/8 cup	3/4 cup
Beans/Peas (Legumes)		Hummus (chickpeas)= 1/2 cup				1/2 cup	1/2 cup
Starchy				Corn 1/2=cup		1/2 cup	1/2 cup
Other	Salad (Cucumber & green pepper)=1/4 cup		Green beans= 1/2 cup	Wrap (onion)= 1/4 cup	Bean wrap (avocado; purple cabbage)= 1/4 cup Tasty Tots (Onion & Chickpea)= 3/8 cup	1 4/5 cups	1/2 cup
Total Vegetable						5 1/2 cup	3 3/4 cups
Grains*	Sloppy Joe= 1.5 oz.	Whole grain rice= 1 oz.	Whole grain 2 slices= 2 oz.	Wrap= 1.75 oz.	Wrap tortilla =1 3/4 oz. eq.	9 oz. 9 oz. =whole grain-rich	8-9 oz. eq.
Meat/Meat Alternate	Sloppy Joe= 2 oz. eq.	Chicken= 2 oz.	Turkey and cheese= 2 oz.	Cheeseburger wrap= 1.75 oz.	Bean wrap (northern beans)= 1 oz.	9.25 oz.	8-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5cups	5 cups

* All grains must be whole grain-rich

Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	583.20 kcal	550-650 kcal
Sodium	926.33 mg	≤ 1230 mg
Saturated Fat	4.66	< 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>Cheeseburger Salad Wrap</u>
<u>Whole Grain Banana Bread</u>	<u>Purple Power Bean Wrap</u>
<u>Honey Lemon chicken</u>	<u>Tossed Salad</u>
<u>Toasted Turkey Ham & Cheese</u>	
<u>Sesame Broccoli</u>	

Summary of USDA Foods

Grains

Rice Pilaf, Whole Grain
Sub roll, Whole grain
Tortilla, Whole Grain

Vegetables

Green Peas
Carrot sticks, fresh
Green Beans
Sweet Corn

Meat/ Meat Alternate

Ground Beef
Chicken, Lean
Turkey, Lean
Ham, Reduced sodium
Beef Patty
Cheese

Fruits

Fresh Apple Slices
Fresh Pears

Produce Pricing: Coming Soon!

Conventional

Local