

Spring Lunch Menu ♦ Grades 6-8



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Crunchy Hawaiian Chicken wrap (1/2 wrap) 2/3 c. Sweet potato soufflé 1/2 c. Green Peas 1/2 c. Fresh Honeydew Milk***	Chicken Fajita Stir Fry (3/4 cup) 1/2 c. Whole grain Rice 1/2 c. Sautéed Broccoli 1/2 c. Carrots w/ 2 Tbsp. Ranch dressing 1/2 c. Fresh Pineapple Milk	Sloppy Joe on whole wheat bun 1/2 c. Red Pepper slices 1/2 c. Hummus 2/3 c. Baked Beans 1/2 c. Fresh strawberries Milk	Whole Wheat Rotini and Meat Sauce Whole Grain Roll Mozzarella cheese stick 1/2 c. Sautéed Kale 1/2 c. Sliced pears Milk	Cheese Pizza with whole grain crust 1 c. 1/2 c. Potato Salad 1 c. Tossed Salad Whole Banana Milk
Week 2	1 c. Chicken Alfredo with a Twist Whole Grain roll 1c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Fresh Grapes Milk	1 c. Whole grain Rainbow Rice 1/2 c. Broccoli Salad Tasty Sweet Potato Tots 1/2 c. Mandarin Oranges Milk	All Beef Hotdog on whole grain bun 1/2 c. Green beans 1/2 c. Potato salad Whole Banana Milk	Southwest Burrito on whole grain tortilla 2 Tbsp. Low-Fat Ranch Dip 1/2 c. Marinated Black bean salad Whole Grain Tortilla chips 1/2 c. Applesauce Milk	Whole Grain Santa Fe Wrap (1 wrap) 1/2 c. Seasoned carrots 2/3 c. Baked beans 1/2 c. Fresh pineapple chunks Milk
Week 3	Oodles of Noodles (Whole grain penne pasta) Whole Grain Roll 1 c. Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Low-fat vanilla yogurt 1/2 c. Fresh sliced strawberries Milk	Purple Power Bean Wrap on whole grain wrap Mozzarella Cheese stick 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh pineapple chunks Milk	Cheeseburger salad wrap on Whole Grain Tortilla 1/2 c. Pasta Salad 1/2 c. Seasoned carrots 1/2 c. Mandarin oranges Milk	Quirky Beef Quesadilla on whole Grain Tortilla 1/4 c. Salsa w/ whole grain Tortilla Chips 1/2 c. Refried beans 1/2 c. Fresh honeydew Milk	Whole Grain Hot Italian Sub 1/2 c. Green Beans 1/2 c. Sweet corn 1/2 c. Fresh apple slices W/ 1 tbsp. almond butter Milk
Week 4	Mexican Pizza 1/2 c. Whole grain rice Pilaf 1/2 c. Seasoned Broccoli 1/2 c. Seasoned carrots 1/2 c. Fresh Grapes Milk	Chicken Penne with whole grain penne pasta Whole Grain roll 1 c. Tossed Salad 1/2 c. Fruit Salad 1/2 c. Low-Fat Vanilla yogurt Milk	Toasted Turkey Ham & Cheese on Whole Grain Sub Roll 1 c. Strawberry Spinach Salad 1/2 cup Potato Wedges 1/2 c. Fresh Apple Slices Milk	Mozzarella crusted Pollock w/ 1/2 c. Whole Grain Rice 1/2 c. Seasoned Corn 1/2 c. Red Pepper slices w/ 1/2 c. Hummus 1/2 c. Mandarin Oranges Oatmeal Raisin Cookie Milk	Veggie Burger on a whole wheat bun Tasty Sweet Potato Tots 1/2 c. Green Beans Whole, Fresh Banana Milk
Week 5	Chicken Nuggets 1/2 c. Sweet Corn 2/3 c. Baked Beans Whole banana Whole grain Blueberry muffin Milk	Meatball sub on whole Grain Bun 1/2 c. Sesame Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh Grapes Milk	Pork Salad Wrap 1/2 c. Whole grain Pasta Salad 1/2 c. Fresh pineapple chunks Milk	Cheese Pizza on whole grain crust 1 c. Tossed Salad 1/2 c. Seasoned Green Beans 1/2 c. Fresh strawberries Milk	Beef and Bean Burrito on whole grain tortilla 1/4 c. Fresh Salsa w/ Whole grain tortilla chips 1/2 c. Fresh Carrots w/ 1 Tbsp. Low-fat Ranch dip 1/2 c. Fresh honeydew Milk

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

Spring Lunch Menu- Week 1 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Crunchy Hawaiian Chicken wrap (1/2 wrap) 2/3 c. Sweet potato soufflé 1/2 c. Green Peas 1/2 c. Fresh Honeydew Milk	3/4 c. Chicken Fajita Stir Fry 1/2 c. Whole grain Rice 1/2 c. Sautéed Broccoli 1/2 c. Carrots w/ 2 Tbsp. Ranch dressing 1/2 c. Fresh Pineapple Milk	Sloppy Joe on whole wheat bun 1/2 c. Red Pepper slices 1/2 c. Hummus 2/3 c. Baked Beans 1/2 c. Fresh strawberries Milk	Whole Wheat Rotini and Meat Sauce Whole Grain Roll Mozzarella cheese stick 1/2 c. Sautéed Kale 1/2 c. Sliced pears Milk	Cheese Pizza with whole grain crust 1 c. 1/2 c. Potato Salad 1 c. Tossed Salad Whole Banana Milk		
Fruits	Honeydew = 1/2 cup	Pineapple=1/2 cup	Strawberries= 1/2 cup	Pear= 1/2 cup	Large banana=1 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green	Hawaiian wrap (fresh spinach)= 1/8 cup	Broccoli= 1/2 cup		Sautéed Kale= 1/2 cup	1 cup Romaine lettuce= 1/2 cup eq.	1 5/8 cups	1/2 cup
Red/Orange	Sweet Potato Soufflé= 2/3 cup Chicken Wrap (carrots) 1/4 cup	Stir Fry (butternut squash and red pepper) = 3/8 cup Carrots= 1/2 cup	Red pepper=1/4 cup Sloppy Joe=1/4 cup	Meat sauce (tomato)= 1/2 cup	Cherry Tomatoes= 1/4 cup	2 7/8 cups	3/4 cup
Beans/Peas (Legumes)			2/3 c. Baked beans =1/2 cup eq. Hummus (chickpeas)= 1/2 cup			1 cup	1/2 cup
Starchy	Green peas =1/2 cup	Stir Fry (corn)= 1/8 cup			Potato salad 1/4 cup	7/8 cup	1/2 cup
Other	Wrap= 1/8 cup	Stir Fry (onions)= 1/4 cup			Salad (Cucumber:= 1/8 cup & mushroom =1/8 cup)	5/8 cup	1/2 cup
Total						6 3/4 cups	3 3/4 cups
Grains*	Hawaiian wrap tortilla= 3/4 oz. Oatmeal cookie= 1 oz. eq.	Stir Fry Rice= 1 oz.-eq.	Whole grain bun: 1.5 oz.-	Whole grain roll 1.5 oz. Rotini: 1 oz. eq.	Pizza crust=2 oz.	8 3/4 oz. eq. 8 3/4 oz. whole grain rich	8-10 oz. eq.
Meat/Meat Alternate	Hawaiian wrap (chicken)=1 oz.	Stir Fry= 1 1/4 oz.	Sloppy joe= 2 oz. eq.	Meat sauce= 2 oz. eq. Cheese stick= 1 oz.	Pizza cheese= 2 oz.	9 1/4 oz. eq.	9-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5cups	5 cups

* All grains must be whole grain-rich

Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	652.11 kcals	600-700 kcals
Sodium	886.13 mg	≤ 1360 mg
Saturated Fat	6.4%	< 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>Crunchy Hawaiian Chicken Wrap</u>	<u>Baked Beans</u>
<u>Sweet Potato Soufflé</u>	<u>Cheese Pizza</u>
<u>Chicken Fajita Stir Fry</u>	<u>Tossed Salad</u>
<u>Sesame Broccoli</u>	<u>Potato Salad</u>
<u>Sloppy Joe</u>	
<u>Rice Pilaf</u>	

Summary of USDA Foods

Grains

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

Vegetables

Sweet potato, canned
Green Peas
Vegetarian Beans
Carrots, fresh
Potatoes

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef
Cheese Stick

Fruits

Fresh Apple Slices
Fresh Pears
Applesauce

Produce Pricing: Coming Soon!

Conventional	Local

Spring Lunch Menu– Week 2 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	1 c. Chicken Alfredo w/ a Twist Whole Grain roll 1c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Fresh Grapes Milk	1 c. Whole grain Rainbow Rice 1/2 c. Broccoli Salad Tasty Sweet Potato Tots 1/2 c. Mandarin Oranges Milk	All Beef Hotdog on whole grain bun 1/2 c. Green beans 1/2 c. Potato salad Whole Banana Milk	Southwest Burrito on whole grain tortilla 2 Tbsp. Low-Fat Ranch Dip 1/2 c. Marinated Black bean salad Whole Grain Tortilla chips 1/2 c. Applesauce Milk	Santa Fe Wrap (1 wrap) 1/2 c. Seasoned carrots 2/3 c. Baked beans 1/2 c. Fresh pineapple chunks Milk		
Fruits	Grapes= 1/2 cup	Mandarin oranges= 1/2 cup	Large Banana= 1 cup	Applesauce= 1/2 cup	Fresh pineapple= 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green	1 c. Romaine lettuce= 1/2 cup eq.	Broccoli salad= 1/2 c up Rainbow Rice (spinach) = 1/8 cup			Santa fe (1/2 cup Romaine lettuce) = 1/4 cup eq.	1 1/8 cups	1/2 cup
Red/Orange	Cherry tomato= 1/4 cup	Rainbow Rice (carrots; red pepper)= 1/8 cup Tasty tots (sweet potato)=			Carrots= 1/2 cup Santa fe (tomato) = 1/4 cup	1 1/4cup	3/4 cup
Beans/Peas (Legumes)				Black bean salad= 1/2 cup	Baked beans= 1/2 cup	1 cup	1/2 cup
Starchy			Potato salad= 2/3 cup		Santa fe (corn)= 1/4 cup	2/3 cup	1/2 cup
Other	Salad (Cucumber= 1/8 cup& Mushroom= 1/8 cup)	Tasty tots (green onion; chickpeas)= 1/4 cup	Green beans= 1/2 cup	Burrito (green peppers; Onions)= 1/2 cup		1 3/4 cup	1/2 cup
Total Vegetable						5 4/5 cup	3 3/4 cups
Grains*	Chicken alfredo= 1 oz. Whole grain roll= 1 oz.	Rainbow Rice = 2 oz.	Whole grain bun= 2.0 oz.	Burrito Tortilla = 1.75 oz. Whole grain tortilla chips= 1.0oz.	Santa fe wrap tortilla= 1.75 oz.	9.5 oz. 9.5 oz. whole grain-rich	8-10 oz. eq
Meat/Meat Alternate	Chicken alfredo= 2 oz.	Rainbow Rice (diced Chicken)= 2 oz.	Hot dog (all beef)= 2 oz.	Burrito (beef)= 2 oz.	Santa fe wrap (Pork)= 2 oz.	10 oz. eq.	9-10 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	675.47 kcals	600-700 kcals
Sodium	1121.79 mg	≤ 1360 mg
Saturated Fat	5.74%	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUASC 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 Alfredo with a Twist</u>	<u>Southwest Burrito</u>
<u>Rainbow Rice</u>	<u>Potato Salad</u>
<u>Taco Salad</u>	<u>Marinated Black Bean</u>
<u>Tossed Salad</u>	<u>Salad</u>
<u>Broccoli Salad</u>	<u>Santa Fe Wrap</u>

Summary of USDA Foods

Grains

Roll, Whole grain
Rotini, Whole grain
Rice, Whole grain
Tortilla, whole grain

Vegetables

Sweet Potato, canned
Green Peas
Green Beans
Vegetarian Beans
Carrots, fresh

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef
Pork

Fruits

Fresh Apple Slices
Peach cup
Fresh Pears
Oranges, fresh
Applesauce

Produce Pricing: Coming Soon!

Conventional	Local
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Spring Lunch Menu– Week 3 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Ooodles of Noodles (Whole grain penne pasta) Whole Grain Roll 1 c. Tossed Salad 1/2 c. Low-fat vanilla yogurt 1/2 c. Fresh sliced strawberries Milk	Purple Power Bean Wrap Mozzarella Cheese stick 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh pineapple chunks Milk	Cheeseburger salad wrap on Whole Grain Tortilla 1/2 c. Pasta Salad 1/2 c. Seasoned carrots 1/2 c. Mandarin oranges Milk	Quirky Beef Quesadilla on whole Grain Tortilla 1/4 c. Salsa w/ whole grain Tortilla Chips 1/2 c. Refried beans 1/2 c. Fresh honeydew Milk	Hot Italian Sub 1/2 c. Green Beans 1/2 c. Sweet corn 1/2 c. Fresh apple slices W/ 1 tbsp. almond butter Milk		
Fruits	Strawberries= 1/2 cup	Pineapple= 1/2 cup	Mandarin oranges= 1/2 cup	Honeydew= 1/2 cup	Fresh apricot= 1/2 cup	2 1/2 cups	2 1/2 cups
Vegetables							
Dark Green	1 cup Romaine lettuce= 1/2 cup eq.	Broccoli= 1/2 cup	Cheeseburger salad (Romaine lettuce)= 1/2 cup			1 1/2 cup	1/2 cup
Red/Orange	Cherry tomato= 1/4 cup Ooodles of noodles (Grape tomatoes)= 1/8 cup	Sweet potato tots= 3/8 cup	Cheeseburger salad (tomatoes)= 1/4 cup	Salsa= 1/4 cup		1 1/4 cup	3/4 cup
Beans/Peas (Legumes)				Refried beans= 1/2 cup		1/2 cup	1/2 cup
Starchy					Sweet corn= 1/2 cup	1/2 cup	1/2 cup
Other	Salad (Cucumber= 1/8 cup & Mushroom= 1/8 cup) Ooodles of noodles (Swiss chard)= 1/8 cup	Purple power wrap (purple cabbage)= 1/8 cup Sweet potato tots= 1/4 cup	Cheeseburger wrap (Red onion)= 1/4 cup	Quesadilla (onion)= 1/4 cup	Green beans= 1/2 cup	1 3/4 cup	1/2 cup
Total Vegetable						5 5/8 cups	3 3/4 cups
Grains*	Penne pasta= 2 oz. eq. Whole grain roll= 1 oz.	Purple power wrap= 3/4 oz.	Cheeseburger wrap= 1.75 oz.	Quesadilla= 1.5 oz. Tortilla chips= 1 oz.	Sub roll= 2 oz.	10 oz. 10 oz. =whole grain-rich	8-10 oz. eq
Meat/Meat Alternate	Yogurt= 1 oz.	Purple power wrap= 3/4 oz. Cheese stick= 1 oz.	Cheeseburger wrap= 1.75 oz.	Chicken quesadilla= 2 oz.	Italian sub= 2 oz. Almond butter= 1 oz.	9 1/2 oz.	9-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	680.07 kcals	600-700 kcals
Sodium	1119.92 mg	≤ 1360 mg
Saturated Fat	5.17 %	< 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>Oodles of Noodles</u>	<u>Cheeseburger Salad Wrap</u>
<u>Purple Power Bean Wrap</u>	<u>Chicken Quesadilla</u>
<u>Tossed Salad</u>	<u>Hot Italian Sub</u>
<u>Sweet Potato Tots</u>	
<u>Pasta Salad</u>	

Summary of USDA Foods

Grains

Roll, Whole grain
Tortilla, whole grain

Vegetables

Sweet potato, canned
Green Peas
Green Beans
Sweet corn
Carrots, fresh

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef
Cheese Stick

Fruits

Fresh Apple Slices
Peach cup
Fresh Pears
Oranges, fresh
Applesauce

Produce Pricing: Coming Soon!

Conventional	Local
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Spring Lunch Menu- Week 4 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Mexican Pizza 1/2 c. Whole grain rice Pilaf 1/2 c. Seasoned Broccoli 1/2 c. Seasoned carrots 1/2 c. Fresh Grapes Milk	Chicken Penne with whole grain penne pasta Whole Grain roll 1 c. Tossed Salad 1/2 c. Fruit Salad 1/2 c. Low-Fat Vanilla yogurt Milk	Toasted Turkey Ham and Cheese on Whole Grain Sub Roll 1 c. Strawberry Spinach Salad 1/2 cup Potato Wedges 1/2 c. Fresh Apple Slices Milk	Mozzarella crusted Pollock 1/2 c. Whole Grain Rice 1/2 c. Seasoned Corn 1/2 c. Red Pepper slices w/ 1/2 c. Hummus 1/2 c. Mandarin Oranges Oatmeal Raisin Cookie Milk	Veggie Burger on whole wheat bun Tasty Sweet Potato Tots 1/2 c. Green Beans Whole, Fresh Banana Milk		
Fruits	Grapes= 1/2 cup	Fruit salad=honeydew, pineapple, banana= 1/2 cup	Apple slices= 1/2 cup Strawberry and mandarin oranges= 1/2 cup	Mandarin Oranges = 1/2 cup	Sliced peaches= 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green	Seasoned broccoli= 1/2 cup	1 cup Romaine lettuce= 1/2 cup eq. Chicken penne (Broccoli)= 3/8 cup	1 cup spinach= 1/2 cup eq.			1 7/8 cup	1/2 cup
Red/Orange	Seasoned carrots= 1/2 cup Mexican pizza (carrots)= 1/8 cup	Cherry tomato= 1/4 cup		Red pepper slices= 1/4 cup	Tasty Tots (sweet potato)= 3/8 cup	1 1/2 cup	3/4 cup
Beans/Peas (Legumes)				Hummus (chickpeas)= 1/2 cup		1/2 cup	1/2 cup
Starchy	Mexican pizza (corn)= 1/8 cup		Potato wedges=1/2 cup	Seasoned corn= 1/2 cup		1 1/8 cup	1/2 cup
Other	Mexican pizza (onion; green pepper)= 1/8 cup	Salad (Cucumber= 1/8 cup & Mushroom= 1/8 cup)			Green beans= 1/2 cup Tasty Tots (onion; chick-peas)= 1/4 cup	1 1/8 cup	1/2 cup
Total Vegetable						6 1/8 cups	3 3/4 cups
Grains*	Mexican pizza= 1/2 oz. Whole grain rice= 1 oz.	Chicken penne= 1 3/4 oz. Whole grain roll= 1 oz.	Sub roll= 2oz.	Whole Grain Rice= 1 oz.	Hamburger bun= 2 oz.	9 1/4 oz. eq. 9 1/4 oz.= whole grain-rich	8-10 oz. eq.
Meat/Meat Alternate	Mexican pizza= 1 1/4 oz.	Chicken penne= 1 oz. Yogurt= 1 oz.	Turkey ham and cheese= 2 oz.	Pollock= 2 oz.	Veggie burger 2 oz. Cheese= 1 oz.	9 1/4 oz.	9-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5cups	5 cups

* All grains must be whole grain-rich

Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	670.29 kcals	600-700 kcals
Sodium	964.32 mg	≤ 1360 mg
Saturated Fat	6.17%	< 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>Mexican Flatbread (Eagle Pizza)</u>	<u>Spinach Strawberry Salad</u>
<u>Chicken Penne</u>	<u>Mozzarella Crusted Pollock</u>
<u>Tossed Salad</u>	<u>Tasty Sweet Potato Tots</u>
<u>Brown Rice Pilaf</u>	<u>Oatmeal Raisin Cookie</u>
<u>Ranch Potato Wedges</u>	

Summary of USDA Foods

Grains

Roll, Whole grain
Rice, Whole grain
Tortilla, Whole grain

Vegetables

Sweet potato, canned
Green Peas
Green Beans
Carrots, fresh
Sweet corn

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef

Fruits

Fresh Apple Slices
Peach cup
Fresh Pears
Oranges, fresh

Produce Pricing: Coming Soon!

Conventional	Local
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Spring Lunch Menu- Week 5 Breakdown • Grades 6-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Chicken Nuggets 1/2 c. Sweet Corn 2/3 c. Baked Beans Whole banana Whole grain Blueberry muffin Milk	Meatball sub on whole Grain Bun 1/2 c. Sesame Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh Grapes Milk	Pork Salad Wrap 1/2 c. Whole grain Pasta Salad 1/2 c. Fresh pineapple chunks Milk	Cheese Pizza on whole grain crust 1 c. Tossed Salad 1/2 c. Seasoned Green Beans 1/2 c. Fresh strawberries Milk	Beef and Bean Burrito on whole grain tortilla 1/4 c. Fresh Salsa w/ Whole grain tortilla chips 1/2 c. Fresh Carrots w/ 1 Tbsp. Low-fat Ranch dip 1/2 c. Fresh honeydew Milk		
Fruits	Large Banana= 1 cup	Grapes= 1/2 cup	Pineapple = 1/2 cup	Strawberries= 1/2 cup	Honeydew= 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green		Seasoned broccoli= 1/2 cup	Salad wrap (Romaine lettuce)= 1/4 cup	Salad (Romaine lettuce)= 1 cup= 1/2 cup eq.		1 1/4 cup	1/2 cup
Red/Orange		Sweet potato tots= 1/4 cup Meatball tomato sauce = 1/4 cup		Cherry tomato= 1/4 cup	Salsa= 1/2 cup Carrots= 1/2 cup	1 3/4 cups	3/4 cup
Beans/Peas	Baked beans= 1/2 cup				Bean 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			Pasta salad (mixed vegetables)= 1/8 cup Green beans= 1/2 cup	Salad (Cucumber= 1/8 cup & Mushrooms= 1/8 cup)		7/8 cup	1/2 cup
Total Vegetable						5 cup	3 3/4 cups
Grains*	Blueberry muffin= 1 oz.	Sub roll= 2 oz. eq.	Pork salad wrap= 2 oz. eq. Pasta salad= 1 oz.	Pizza Crust = 2 oz.	Burrito tortilla = 1.5 oz. Whole grain tortilla chips= 1 oz.	10 oz. 10 oz. = whole grain-rich	8-10 oz. eq
Meat/Meat Alternate	Chicken nuggets= 2 oz.	Meatballs= 1.5 oz.	Pork salad wrap= 1.75 oz.	Pizza= 2 oz.	Burrito (Beef) = 2 oz. eq.	9 1/4 oz.	9-10 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	683.42 kcals	600-700 kcals
Sodium	1164.82 mg	≤ 1360 mg
Saturated Fat	5.19	< 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>Sweet And Sour Chicken Nuggets</u>	<u>Pork Salad Wrap</u>
<u>Meatball sub</u>	<u>Cheese Pizza</u>
<u>Tossed Salad</u>	<u>Beef and Bean Burrito</u>
<u>Blueberry Oat Muffin</u>	<u>Pasta Salad</u>
<u>Tasty Sweet Potato Tots</u>	<u>Baked Beans</u>

Summary of USDA Foods

Grains

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

Vegetables

Sweet potato, canned
Green Peas
Green Beans
Carrots, fresh
Potato Wedges
Sweet corn
Vegetarian Beans

Meat/ Meat Alternate

Turkey
Chicken
Beef Patty
Cheddar Cheese

Fruits

Fresh Apple Slices
Peach cup
Fresh Pears
Oranges, fresh
Applesauce

Produce Pricing: Coming Soon!

Conventional

Local