


# Summer Lunch Menu ◇ Grades 9-12



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Chicken Salad Sandwich on whole grain bread 1/2 c. Green beans 1/2 c. Sautéed Broccoli 1/2 c. Fresh Grapes 1/2 c. Fresh Apple Slices w/ 1 Tbsp. Almond Butter Milk***	Hamburger on a whole wheat bun 2/3 c. Baked beans 1/2 c. Potato Wedges 1 c. Tossed salad (Romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Fresh sliced Cantaloupe 1/2 c. Fresh Strawberries Milk	Toasted Turkey Ham & Cheese on whole grain bread 1/2 c. Whole Grain Pilaf 1/2 c. Green Peas 1/2 c. Summer Yellow Squash Fresh plum 1/2 c. Fresh Watermelon Chunks Milk	Barbecued Chicken Whole grain roll 1/2 c. Sweet corn Tasty Sweet Potato Tots Whole Banana Milk	Stromboli on whole grain bread Cucumber & Tomatoes w/ 2 Tbsp. Ranch Dressing 1/2 c. Three bean salad 1 c. Fresh Honeydew Chunks Whole Grain Oatmeal Cookie Milk
<b>Week 2</b>	Chicken Tetrazzini (3/4 cup) Whole Grain French bread 1/2 c. Seasoned broccoli Cucumber & Tomatoes w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Applesauce 1/2 c. Sliced pineapple Milk	Sloppy Joe on whole grain bun 1/2 cup Whole grain rice pilaf 1/2 c. Green beans Tasty Sweet Potato Tots 1/2 c. Fresh cantaloupe 1/2 c. Fresh strawberries Milk	Chicken Nuggets 1/2 c. Orange glazed carrots 1/2 c. Succotash 1/2 cup blueberries 1/2 cup honeydew melon Whole Grain Banana Bread Milk	Roasted Fish Crispy Slaw Wrap on Whole Grain Tortilla 1/2 c. Fresh Red peppers w/ 1/2 c. Hummus 1/2 c. Fresh sliced peaches 1/2 c. Grapes Milk	Veggie or Soy Burger on whole wheat bun 1/2 c. Potato Salad 1/2 c. Sautéed Kale Whole Banana Milk
<b>Week 3</b>	Vegetable Pizza with whole grain crust 1/2 c. Low-fat Strawberry Yogurt 1/2 c. Potato wedges 1/2 c. Green beans 1/2 c. Fresh Blueberries 1/2 c. Fresh Peach Slices Milk	Honey mustard chicken wrap on whole grain tortilla 1 c. Berry and Spinach Salad 1/2 c. Sweet corn 1/2 c. Fresh watermelon chunks Whole grain banana bread Milk	All Beef Hot Dog on Whole grain bun 1/2 c. Tomato & Cucumber w/ 2 Tbsp. Low-Fat Ranch Dip 1/2 c. Baked beans 1/2 c. Fresh cantaloupe chunks 1/2 c. Fresh Honeydew Milk	Chicken penne (1 1/2cup) Whole grain roll Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Fresh grapes 1/2 c. Fresh apple slices Mozzarella cheese stick Milk	Beef & Bean Burrito Whole grain tortilla chips w/ 1/4 c. fresh salsa 1/2 c. Fresh baby carrots 1/2 c. Hummus Whole banana Milk
<b>Week 4</b>	“Quirky” Quesadilla on whole grain tortilla 1/2 c. Spanish Rice 1/4 c. Black Bean & corn Salsa Whole Grain Tortilla Chips 1/2 c. Green peas 1/2 c. Fresh Pineapple Chunks 1/2 c. Fresh Pear halves Milk	Whole grain Rotini w/ meat sauce Whole grain roll 1 c. Tossed salad (Romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Broccoli salad 1/2 c. Fresh blueberry and banana salad 1/2 c. Fresh watermelon chunks Milk	Crunchy Hawaiian Chicken wrap on whole grain tortilla 1/2 c. Scalloped potatoes 1/2 c. Green beans 1/2 c. Fresh Grapes 1/2 c. Fresh strawberries Whole Grain Royal Brownie Milk	Whole Grain Rainbow Rice Whole Grain Roll 1/2 c. Low-fat vanilla yogurt 1/2 c. Sautéed Kale 1/2 c. Red pepper w/ 2 Tbsp. Low-fat ranch dip 1/2 c. Applesauce 1/2 c. Fresh Raspberries Milk	Pork Salad Wrap on Whole grain Tortilla Mozzarella Cheese Stick Tasty Sweet Potato Tots 1/2 c. Sweet corn 1/2 c. Fresh honeydew Chunks 1/2 c. Fresh orange slices Milk
<b>Week 5</b>	Chicken Salad Sandwich on whole grain bread Tasty Sweet Potato Tots 1/2 c. Sesame Broccoli 1/2 c. Fresh Grapes 1/2 c. Fresh Blueberry banana salad Milk	Sloppy Joe on whole grain bun 1/2 c. Marinated black bean salad 1/2 c. Sweet corn 1/2 c. Applesauce 1/2 c. Fresh Cantaloupe Whole Grain Chocolate Chip cookie Milk	Mozzarella Crusted Pollock Whole Grain Vegetable Pasta Salad Whole grain roll 1 c. Strawberry Spinach Salad 1/2 c. Three bean salad 1/2 cup Fresh Honeydew Chunks Milk	Cheeseburger on a whole grain bun 1/2 c. Summer Squash 1/2 c. Potato Salad Fresh plum 1/2 c. Fresh Sliced Peaches Milk	Stir Fry Fajita (3/4 cup) w/ 1/2 c. Brown Rice & Whole Grain dinner roll 1/2 c. Seasoned Green Beans 1/2 c. Fresh Carrots w/ 2 Tbsp. Ranch Dressing 1 c. Watermelon Chunks Whole Grain Royal Brownie Milk

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

## Summer Lunch Menu • Week 1 Breakdown • Grades 9 - 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Salad Sandwich on whole grain bread</b> 1/2 c. Green beans 1/2 c. Sautéed Broccoli 1/2 c. Fresh Grapes 1/2 c. Fresh Apple Slices w/ 1 Tbsp. Almond Butter Milk	<b>Hamburger on a whole wheat bun</b> 2/3 c. Baked beans 1/2 c. Potato Wedges 1 c. Tossed salad (Romaine lettuce, tomato, mushrooms, cucumber) 1/2 c. Fresh sliced Cantaloupe 1/2 c. Fresh Strawberries Milk	<b>Toasted Turkey Ham &amp; Cheese on whole grain bread</b> 1/2 c. Whole Grain Pilaf 1/2 c. Green Peas 1/2 c. Summer Yellow Squash Fresh plum 1/2 c. Fresh Watermelon Chunks Milk	<b>Barbecued Chicken Whole grain roll</b> 1/2 c. Sweet corn Tasty Sweet Potato Tots Whole Banana Milk	<b>Stromboli on whole grain bread</b> Cucumber & Tomatoes w/ 2 Tbsp. Ranch Dressing 1/2 c. Three bean salad 1 c. Fresh Honeydew Chunks Whole Grain Oatmeal Cookie Milk		
<b>Fruits</b>	Fruit salad= blueberries, strawberries, grape halves, 1/2 cup Apple slices = 1/2 cup	Strawberries= 1/2 cup Cantaloupe= 1/2 cup	Plum= 1/2 cup Watermelon= 1/2 cup	Large banana= 1 cup	Honeydew= 1 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli= 1/2 cup	1 cup Romaine lettuce= 1/2 cup				1 cup	1/2 cup
<b>Red/Orange</b>		Salad (tomato wedges)= 1/2 cup		Tasty Tots (Sweet potato)= 3/8 cup	Cherry tomato= 3/4 cup	1 3/8 cup	1 1/4 cup
<b>Beans/Peas (Legumes)</b>		Baked beans= 1/2 cup			Three bean salad= 1/2 cup	1 cup	1/2 cup
<b>Starchy</b>		Potato wedges= 1/2 cup	Green peas= 1/2 cup	Sweet corn= 1/2 cup		1 1/2 cups	1/2 cup
<b>Other</b>	Green beans= 1/2 cup	Salad (1/8 cup Mushrooms & 1/8 cup Cucumber) = 1/4 cup	Yellow squash = 1/2 cup Pasta Salad= 1/8 cup	Sweet potato tots (onion & chickpea)= 1/4 cup	Cucumber= 1/4 cup	1 7/8 cups	3/4 cup
<b>Total Vegetable</b>						<b>6 3/4 cup</b>	<b>5 cups</b>
<b>Grains*</b>	Whole grain bread 2 oz.	Hamburger bun= 2 oz.	Whole grain bread= 2 oz. Pasta Salad= 0.5 oz.	Whole grain roll= 2oz.	Stromboli= 2 oz.	<b>10.5 oz. eq. 10.5 whole grain-rich</b>	<b>10-12 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Chicken salad= 2 oz. 1 Tbsp. almond butter= 0.5	Hamburger= 2 oz.	Turkey and cheese= 2 oz.	Barbecue chicken= 2 oz.	Stromboli and mozzarella cheese= 2 oz.	<b>11.5 oz.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	761.44 kcals	750-850 kcals
Sodium	1235.41 mg	≤ 1420 mg
Saturated Fat	6.27%	< 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>Baked Beans</u>
<u>Barbecued Chicken</u>	<u>Tossed Salad</u>
<u>Ranch Potato Wedges</u>	<u>Brown rice Pilaf</u>
<u>Stromboli</u>	<u>Oatmeal Cookie</u>
<u>Three Bean Salad</u>	

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Rice, Whole Grain  
Roll, Whole grain

#### Meat/ Meat Alternate

Chicken  
Beef Patty  
Turkey  
Low sodium Ham  
Cheese

#### Vegetables

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


#### Fruits

Fresh Apple Slices

### Produce Pricing: Coming Soon!

Conventional	Local
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## Summer Lunch Menu • Week 2 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Tetrizzini (3/4 cup)</b> Whole Grain French bread 1/2 c. Seasoned Broccoli Cucumber & Tomatoes w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Applesauce 1/2 c. Sliced pineapple Milk	<b>Sloppy Joe on whole grain bun</b> 1/2 c. Green beans Tasty Sweet Potato Tots 1/2 c. Fresh cantaloupe 1/2 c. Fresh strawberries Milk	<b>Sweet &amp; Sour chicken Nuggets</b> 1/2 c. Brown Rice 1/2 c. Orange glazed carrots 1/2 c. Succotash 1/2 cup blueberries 1/2 cup Honeydew melon Whole Grain Banana Bread Milk	<b>Roasted Fish Crispy Slaw Wrap</b> 1/2 c. Fresh Red peppers w/ 1/2 c. Hummus 1/2 c. Fresh sliced peaches 1/2 c. Grapes Milk	<b>Veggie or Soy Burger on whole wheat bun</b> 1/2 c. Potato Salad 1/2 c. Sautéed Kale Whole Banana Milk		
<b>Fruits</b>	Applesauce= 1/2 cup Pineapple= 1/2 cup	Cantaloupe= 1/2 cup Strawberries= 1/2 cup	Blueberries= 1/2 cup Honeydew=1/2 cup	Grapes= 1/2 cup Peaches= 1/2 cup	Large Banana= 1 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli = 1/2 cup		Sweet & Sour Chicken (Broccoli)= 1/2 cup	Fish wrap (Bok Choy & Romaine lettuce)= 1/4 cup	Kale = 1/2 cup	1 3/4 cup	1/2 cup
<b>Red/Orange</b>	Salad (Tomato wedges)= 1/4 cup	Tasty Tots (Sweet Potato)= 3/8 cup	Orange Glazed carrots= 1/2 cup Sweet & Sour chicken (carrots; tomato paste) =1/4 cup	Red pepper slices= 1/2 cup Fish Wrap (Carrots)=1/4 cup		2 1/8 cups	1 1/4 cup
<b>Beans/Peas (Legumes)</b>				Hummus (Chickpeas)= 1/2 cup		1/2 cup	1/2 cup
<b>Starchy</b>			Succotash (corn)= 1/2		Potato Salad= 1/2 cup	1 cup	1/2 cup
<b>Other</b>	Salad (Cucumber)= 1/4 cup	Green beans= 1/2 cup Tasty Tots (Onion & Chickpea)= 1/4 cup		Fish Wrap (Cabbage & Avocado) = 7/8 cup		1 7/8 cup	3/4 cup
<b>Total Vegetable</b>						<b>7 1/4 cup</b>	<b>5 cups</b>
<b>Grains *</b>	Whole grain roll= 2 oz. Tetrizzini =1/2 cup	Sloppy Joe Bun= 2 oz.	1/2 cup brown rice= 1 oz.	Blueberry muffin= 0.75oz. Fish Wrap= 1.5 oz.	Hamburger bun= 2 oz.	<b>11 3/4 oz. eq.</b> <b>11 3/4 oz. = whole grain-rich</b>	<b>10-12 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Chicken tetrizzini= 2.5 oz. eq.	Sloppy Joe (Beef) = 2 oz. eq.	Chicken nuggets= 2 oz.	Fish Wrap= 2 3/4 oz.	Veggie/Soy Burger= 2 oz.	<b>10 oz. eq.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

## Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	754.54 kcals	750-850 kcals
Sodium	1046.62 mg	≤ 1420 mg
Saturated Fat	5.74 %	< 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 Tetrzini</u>	<u>Whole Grain Banana Bread</u>
<u>Sloppy Joe</u>	<u>Tossed Salad</u>
<u>Tasty Sweet Potato Tots</u>	<u>Brown rice Pilaf</u>
<u>Sweet &amp; sour Chicken Nuggets</u>	<u>Potato Salad</u>
<u>Roasted Frist Crispy Slaw wrap</u>	
<u>Orange Glazed Carrots</u>	

## Summary of USDA Foods

### Grains

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

### Meat/ Meat Alternate

Chicken  
Ground Beef

### Vegetables

Green Beans  
Sweet potato, canned  
Vegetarian Beans  
Carrots, fresh  
Sweet Corn

### Fruits

Applesauce

## Produce Pricing: Coming Soon!

Conventional	Local
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# Summer Lunch Menu • Week 3 Breakdown • Grades 9-12



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Vegetable Pizza with whole grain crust</b> 1/2 c. Low-fat Strawberry Yogurt 1/2 c. Potato wedges 1/2 c. Green beans 1/2 c. Fresh Blueberries 1/2 c. Fresh Peach Slices Milk	<b>Honey mustard chicken wrap on whole grain tortilla</b> 1 c. Berry and Spinach Salad 1/2 c. Sweet corn 1/2 c. Fresh watermelon chunks Whole grain banana bread Milk	<b>All Beef Hot Dog on Whole grain bun</b> 1/2 c. Tomato & Cucumber w/ 2 Tbsp. Low-Fat Ranch Dip 1/2 c. Baked beans 1/2 c. Fresh cantaloupe chunks 1/2 c. Fresh Honeydew Milk	<b>Chicken penne (1 1/2cup) Whole grain roll</b> Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Fresh grapes 1/2 c. Fresh apple slices Mozzarella cheese stick Milk	<b>Beef &amp; Bean Burrito</b> Whole grain tortilla chips w/ 1/4 c. fresh salsa 1/2 c. Fresh baby carrots 1/2 c. Hummus Whole banana Milk		
<b>Fruits</b>	Blueberries= 1/2 cup Peaches= 1/2 cup	Spinach salad: strawberries and mandarin oranges= 1/2 cup Watermelon chunks= 1/2 cup	Cantaloupe = 1/2 cup Honeydew= 1/2 cup	Fresh grapes= 1/2 cup Fresh apple slices 1/2 cup	Large Banana = 1 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		Salad (1 cup Spinach)= 1/2 oz. eq.		1 cup Romaine lettuce= 1/2 cup eq.		1 3/8 cup	1/2 cup
<b>Red/Orange</b>			Cherry tomato= 1/2 cup	Salad (Tomato) = 1/8 cup	Carrots= 1/2 cup	1 3/4 cup	1 1/4 cup
<b>Beans/Peas (Legumes)</b>			Baked beans= 1/2 cup		Burrito (refried beans)= 1/8 cup Hummus (chickpea)= 1/4	1 1/4 cup	1/2 cup
<b>Starchy</b>	Potato wedges= 1/2 cup					1/2 cup	1/2 cup
<b>Other</b>	Green beans= 1/2 cup Pizza= 1/2 cup	Wrap (Broccoli Slaw)= 1/2 cup	Cucumber= 1/4 cup	Salad (1/8 cup Cucumber & 1/8 cup Mushroom=		1 1/2 cup	3/4 cup
<b>Total Vegetable</b>						<b>6 3/8 cup</b>	<b>5 cups</b>
<b>Grains *</b>	Pizza crust= 2 oz. eq.	Wrap tortilla= 1 oz. eq. Whole grain banana bread= 1 oz.	Hamburger roll= 2.0 oz. eq.	Penne= 1 3/4 oz. eq. Roll= 1 oz.	Burrito= 1.5 oz. eq. Tortilla chips= 1.5 oz.	<b>11 3/4 oz. eq.</b> <b>11 3/4 oz. whole grain-rich</b>	<b>10-12 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Pizza= 1 1/4 oz. eq. Yogurt= 1/2 cup=1 oz. eq.	Chicken wrap= 2 oz. eq.	Hot dog= 2 oz.	Chicken penne= 1 oz. eq. Cheese stick= 1 oz. (2.0 oz. total )	Burrito= 2 oz. eq.	<b>10 1/4 oz.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	775.05 kcals	750-850 kcals
Sodium	1222.11 mg	≤ 1420 mg
Saturated Fat	7.62 %	< 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

[Vegetable Pizza](#)                      [Baked Beans](#)  
[Ranch Potato Wedges](#)                      [Tossed Salad](#)  
[Honey mustard Chicken Wrap](#)                      [Oatmeal Cookie](#)  
[Chic' Penne](#)  
[Beef & Bean Burrito](#)  
[Strawberry Spinach Salad](#)


### Summary of USDA Foods

<p><b>Grains</b></p> <p><a href="#"><u>Tortilla, whole grain</u></a>  <a href="#"><u>Rice, Whole Grain</u></a>  <a href="#"><u>Roll, Whole grain</u></a></p> <p><b>Meat/ Meat Alternate</b></p> <p><a href="#"><u>Chicken</u></a>  <a href="#"><u>Cheese Stick</u></a></p>	<p><b>Vegetables</b></p> <p><a href="#"><u>Green Beans</u></a>  <a href="#"><u>Vegetarian Beans</u></a>  <a href="#"><u>Carrots, fresh</u></a>  <a href="#"><u>Sweet Corn</u></a></p> <p><b>Fruits</b></p> <p><a href="#"><u>Fresh Apple Slices</u></a></p>
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### Produce Pricing: Coming Soon!

Conventional	Local
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# Summer Lunch Menu • Week 4 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<p>“Quirky” Quesadilla on whole grain tortilla 1/2 c. Spanish Rice 1/4 c. Black Bean Salsa Whole Grain Tortilla Chips 1/2 c. Green peas</p> <p>1/2 c. Fresh Pineapple Chunks 1/2 c. Fresh Pear halves Milk</p>	<p>Whole grain Rotini w/ meat sauce Whole grain roll 1 c. Tossed salad 1/2 c. Broccoli salad</p> <p>1/2 c. Fresh blueberry and banana salad 1/2 c. Fresh watermelon chunks Milk</p>	<p>Crunchy Hawaiian Chicken wrap on whole grain tortilla 1/2 c. Scalloped potatoes 1/2 c. Green beans</p> <p>1/2 c. Fresh Grapes 1/2 c. Fresh strawberries Whole Grain Royal Brownie Milk</p>	<p>Whole Grain Rainbow Rice Whole Grain Roll 1/2 c. Low-fat vanilla yogurt 1/2 c. Sautéed Kale 1/2 c. Red pepper w/ 2 Tbsp. Low-fat ranch dip</p> <p>1/2 c. Applesauce 1/2 c. Fresh Raspberries Milk</p>	<p>Pork Salad Wrap on Whole grain Tortilla Mozzarella Cheese Stick Tasty Sweet Potato Tots 1/2 c. Sweet corn</p> <p>1/2 c. Fresh honeydew Chunks 1/2 c. Fresh orange slices Milk</p>		
<b>Fruits</b>	Pineapple chunks= 1/2 cup Pears= 1/2 cup	Blueberry and Banana Salad= 1/2 cup	Grapes= 1/2 cup Strawberries= 1/2 cup	Applesauce= 1/2 cup Raspberries= 1/2 cup	Honeydew= 1/2 cup Orange slices= 1/2 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		1 cup Romaine lettuce= 1/2 cup eq. Broccoli salad= 1/2 cup	Wrap (Spinach & Broccoli)= 1/4 cup	Rainbow rice (Spinach)= 1/8 cup Sautéed Kale= 1/2 cup		1 7/8 cup	1/2 cup
<b>Red/Orange</b>		Salad (Cherry tomato)= 1/2 cup	Hawaiian Wrap (Carrots)= 1/8 cup	Red pepper= 1/2 cup Rainbow rice (Red pep-	Tasty Tots (sweet potato)= 3/8 cup	2 cups	1 1/4 cup
<b>Beans/Peas (Legumes)</b>	Black bean & Corn Salad = 1/4 cup Quesadilla (Refried beans)					1 1/8cup	1/2 cup
<b>Starchy</b>			Scalloped potatoes= 1/2		Sweet corn= 1/2 cup	1 cup	1/2 cup
<b>Other</b>	Green peas= 1/2 cup	Salad (1/8 cup Cucumber & 1/8 cup Mushrooms)=	Wrap= 1/4 cup Green beans= 1/2 cup		Tasty Tots (Onion & Chickpea) = 3/8 cup	2 5/8 cups	3/4 cup
<b>Total Vegetable</b>						<b>8 5/8 cup</b>	<b>5 cups</b>
<b>Grains *</b>	Beef Quesadilla tortilla= 1.5 oz. eq. 1 oz. whole grain tortilla chips	Whole grain spaghetti= 1.5 oz. eq. Whole grain roll= 1.0 oz.	Chicken wrap= 1.75 oz. Whole grain brownie= 0.5 oz.	Rainbow Rice= 1 oz. Whole grain roll= 1 oz.	Pork Wrap = 2 oz.	<b>11 1/4 oz. eq.</b> <b>11 1/4 oz. = whole grain-rich</b>	<b>10-12 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Quesadilla (Beef) 2 oz. eq.	Meatballs= 2 oz.	Wrap (chicken)= 2 oz. eq.	Rainbow Rice (diced chicken)= 2 oz.	Pork Wrap and cheese stick= 2.75	<b>12 oz. eq.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich



### Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	837.25 kcals	750-850 kcals
Sodium	1206.34 mg	≤ 1420 mg
Saturated Fat	7.08 %	< 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>Scalloped Potatoes</u>
<u>Spanish Rice</u>	<u>Rainbow Rice</u>
<u>Rotini with Meat Sauce</u>	<u>Pork Salad Wrap</u>
<u>Black Bean and corn Salsa</u>	<u>Tossed Salad</u>
<u>Crunchy Hawaiian Chicken Wrap</u>	<u>Tasty Sweet potato tots</u>

### Summary of USDA Foods

#### Grains

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

#### Meat/ Meat Alternate

Ground Beef  
Turkey  
String Cheese

#### Vegetables

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

#### Fruits

Applesauce

### Produce Pricing: Coming Soon!

Conventional	Local

# Summer Lunch Menu • Week 5 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Salad Sandwich on whole grain bread</b> <b>Tasty Sweet Potato Tots</b> 1/2 c. Sesame Broccoli 1/2 c. Fresh Grapes 1/2 c. Fresh Blueberry banana salad Milk	<b>Sloppy Joe on whole grain bun</b> 1/2 c. Marinated black bean salad 1/2 c. Sweet corn 1/2 c. Applesauce 1/2 c. Fresh Cantaloupe <b>Whole Grain Chocolate Chip cookie</b> Milk	<b>Mozzarella Crusted Pollock</b> <b>Whole Grain Vegetable Pasta Salad</b> <b>Whole grain roll</b> 1 c. Strawberry Spinach Salad 1/2 c. Three bean salad 1/2 cup Fresh Honeydew Chunks Milk	<b>Cheeseburger on a whole grain bun</b> 1/2 c. Summer Squash 1/2 c. Potato Salad <b>Fresh plum</b> 1/2 c. Fresh Sliced Peaches Milk	<b>Stir Fry Fajita (3/4 cup) w/ 1/2 c. Brown Rice &amp; Whole Grain dinner roll</b> 1/2 c. Seasoned Green Beans 1/2 c. Fresh Carrots w/ 2 Tbsp. Ranch Dressing 1 c. Watermelon Chunks <b>Whole Grain Royal Brownie</b> Milk		
<b>Fruits</b>	Grapes= 1/2 cup Blueberries= 1/4 cup; Banana slices= 1/4 cup= 1/2 cup total	Applesauce= 1/2 cup Cantaloupe= 1/2 cup	Spinach salad= strawberries and mandarin oranges= 1/2 cup Honeydew= 1/2 cup	1 whole Plum= 1/2 cup Sliced peaches= 1/2 cup	Watermelon= 1 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Broccoli= 1/2 cup		1 cup Spinach lettuce= 1/2 cup eq. Vegetable pasta salad (Broccoli)= 1/4 cup			1 1/4 cup	1/2 cup
<b>Red/Orange</b>	Tasty Tots (sweet potato)= 3/8 cup	Sloppy Joe (tomato)= 1/4 cup	Salad (Cherry tomatoes)= 1/2 cup		Carrots = 1/2 cup Stir Fry (Butternut squash; red pepper)= 3/8 cup	2 cups	1 1/4 cup
<b>Beans/Peas (Legumes)</b>		Black bean salad= 1/2 cup	Three bean salad (kidney beans)= 1/2 cup			1 cup	1/2 cup
<b>Starchy</b>		Sweet corn= 1/2 cup		Potato Salad =1/2 cup	Stir fry (Corn)= 1/8 cup	1 1/8 cup	1/2 cup
<b>Other</b>	Tasty Tots (Onion & Chick-pea)= 1/4 cup		Salad (1/8 cup Cucumber & 1/8 cup Mushroom)= 1/4 cup	Summer squash= 1/2 cup	Green beans= 1/2 cup Stir Fry (onion)= 1/4 cup	1 3/4 cup	3/4 cup
<b>Total</b>						<b>7 1/8 cups</b>	<b>5 cups</b>
<b>Grains*</b>	Whole grain bread= 2 oz.	Sloppy Joe= 1.5 oz. eq. Whole grain oatmeal cookie= 0.5 oz.	Whole grain pasta salad = 1oz. Whole grain roll= 1 oz.	Hamburger roll= 2 oz.	Stir Fry (rice) = 1 oz. eq. Whole grain roll= 1 oz. Whole grain brownie= 0.5 oz.	<b>10.5 oz. eq.</b> <b>10.5 = whole grain rich</b>	<b>10-12 oz. eq.</b>
<b>Meat/Meat Alternate</b>	Chicken salad= 2 oz.	Sloppy joe= 2 oz.	Pollock= 2 oz.	Hamburger = 2 oz. Cheese= 1 oz.	Stir fry= 1 1/4 oz. eq.	<b>11 1/4 oz.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	751.31 kcals	750-850 kcals
Sodium	1082.16 mg	≤ 1420 mg
Saturated Fat	6.04 %	< 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>Mozzarella Crusted Pollock</u>
<u>Tasty Sweet potato tots</u>	<u>Potato Salad</u>
<u>Sloppy Joe</u>	<u>Stir Fry Fajita</u>
<u>Marinated Black Bean Salad</u>	<u>Royal Brownie</u>
<u>Strawberry Spinach Salad</u>	
<u>Three Bean Salad</u>	

### Summary of USDA Foods

#### Grains

Bread, whole grain  
Rice, Whole Grain  
Roll, Whole grain

#### Vegetables

Green Beans  
Sweet potato, canned  
Carrots, fresh  
Sweet Corn

#### Meat/ Meat Alternate

Chicken  
Beef Patty  
Turkey

#### Fruits

Applesauce

### Produce Pricing: Coming Soon!

Conventional	Local