


Winter Menu ♦ Grades 6-8



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Penne Pasta Whole grain roll 1/2 c. Sautéed Kale 1/2 c. Fresh Orange Slices Milk***	Crunchy Hawaiian Chicken Wrap on whole grain tortilla 1/4 c. Mexicali 1/2 c. Red pepper strips 1/2c. 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 & Sour Chicken 1/4 c. Black Bean Salsa w/ Whole Grain tortilla chips 1/2 c. Orange Glazed Carrots 1/2 c. Pineapple chunks Milk	Cheese Pizza on whole grain crust Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Scalloped Potatoes 1/2 c. Peach Cup Oatmeal Raisin Cookie Milk
Week 2	Chicken Quesadilla on whole grain tortilla 1/2 c. Green Beans 1/2 c. Tomato & Cucumber w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh orange slices Milk	Hot Turkey Ham & Cheese on whole grain roll 1/2 c. Sesame Broccoli 1/2 c. Mashed potatoes Whole Banana Milk	Beef & Bean Burrito on Whole Grain Tortilla Wrap 1/3 c. Spanish Rice Tossed Salad (romaine lettuce, to- mato, carrots, mushrooms) 2 Tbsp. ranch dressing 1/2 c. Grapes Milk	Chicken Fajita Stir Fry with 1/2 c. whole grain rice Tasty Sweet Potato Tots 1/2 c. Fresh Pear slices Milk	Pork Salad Wrap on whole grain tortilla 1/4 c. Corn & Black Bean Salsa 1/2 c. Green Peas 1/2 c. Pineapple chunks Milk
Week 3	Sloppy Joe on Whole Wheat Bun 2/3 c. Baked beans 1/2 c. Seasoned Green beans 1/2 c. Peach Cup Milk	Smokin' Powerhouse Chili w/ Whole Grain Corn bread 1/2 c. Green peas 1/2 c. Fresh apple slices w/ 1 Tbsp. Almond Butter Milk	Chicken Alfredo w/ a Twist Whole Grain Roll 1/2 c. Seasoned Broccoli 1/2 c. Sweet Corn 1/2 c. Fresh pear Slices Milk	Roasted Fish Crispy Slaw Wrap Tossed Salad (Romaine lettuce, tomato, cucumber, mushrooms) Whole Banana Milk	Mexican pizza on whole grain flatbread Mozzarella Cheese stick 2/3 c. Potato Salad 1/2 c. Pineapple Chunks Whole Grain Royal Brownie Milk
Week 4	Santa Fe Chicken Wrap 1/2 c. Marinated Black beans 1/2 c. Cucumber and tomatoes w/ 2 tbsp. Ranch Dressing 1/2 c. Fresh Grapes Milk	Cheeseburger and whole wheat bun 1/2 c. Potato Wedges 1/2 c. Green Peas 1/2 c. Fresh Pear Slices Milk	Purple Power Bean Wrap (1/2 wrap) 1/2 c. Carrots w/ 1/2 c. Hummus Whole Grain Pita Chips 1/2 c. Sautéed Kale 1/2 c. Fresh Orange slices Milk	Chicken Penne (1 1/2 cup Whole grain roll 1/2 c. Winter Squash 1/2 c. Apple slices 2 tbsp. almond butter Milk	Harvest Stew (Sweet potato, north- ern beans, potatoes) Whole grain roll 1 c Tossed Salad (Romaine lettuce, tomato, cucumber, mushrooms) 1/2 c. Pineapple chunks Whole grain oatmeal raisin cookie Milk
Week 5	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	Chicken Quesadilla on whole grain tortilla 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c/ Fresh Orange slices Milk	Southwest Burrito on whole grain tortilla wrap 1/4 c. Black Bean Salsa 1/2 c. Seasoned green beans 1/2 c. Applesauce Milk	Cheese Pizza on whole grain crust 1/2 c. Sautéed spinach 1/2 c. Red Pepper Slices w/ 2 Tbsp. Low fat ranch dressing 1/2 c. Fresh pear slices Low-fat Mozzarella cheese stick Milk	Tuna Salad on Whole grain roll 2/3 c. Baked beans 1/2 c. Sweet corn 1/2 c. Pineapple chunks Milk

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

Winter Lunch Menu ♦ Week 1 Breakdown (Grades 6-8)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Chicken Penne Pasta Whole grain roll 1/2 c. Sautéed Kale 1/2 c. Fresh Orange Slices Milk	Crunchy Hawaiian Chicken Wrap on whole grain tortilla 1/4 c. Mexicali 1/2 c. Red pepper strips 1/2c. 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 & Sour Chicken 1/4 c. Black Bean Salad w/ Whole Grain tortilla chips 1/2 c. Orange Glazed Carrots 1/2 c. Pineapple chunks Milk	Cheese Pizza on whole grain crust Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Scalloped Potatoes 1/2 c. Peach Cup Oatmeal Raisin Cookie 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 (Broccoli & Spinach) = 1/8 cup	Seasoned Broccoli=1/2 cup		1 cup Romaine lettuce= 1/2 cup eq.	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 (chickpeas)= 1/2 cup		Black bean salsa= 1/4 cup		3/4 cup	1/2 cup
Starchy		Mexicali (corn)= 1/4 cup			Scalloped potatoes= 1/2 cup	3/4 cup	1/2 cup
Other	Green beans = 1/2 cup	Chicken wrap = 1/8 cup	Tasty tots (onion& chickpea)= 1/4 cup		Salad (1/8 cup Cucumber & 1/8cup Mushroom= 1/4 cup)	1 1/8 cup	1/2 cup
Total Vegetable						6 5/8 cups	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. Oatmeal cookie =1 oz.	9 oz. eq. 9 oz.= whole grain-rich	8-10 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.	9 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 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	670.06 kcals	600-700 kcals
Sodium	1052.82 mg	≤ 1360 mg
Saturated Fat	6.37 %	< 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>Marinated black bean 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>
	<u>Oatmeal Raisin Cookie</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


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 6-8)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Quirky Quesadilla on whole grain tortilla 1/2 c. Green Beans 1/2 c. Tomato & Cucumber w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh orange slices Milk	Hot Turkey Ham & Cheese on whole grain roll 1/2 c. Sesame Broccoli 1/2 c. Mashed potatoes Whole Banana Milk	Beef & Bean Burrito on Whole Grain Tortilla Wrap 1/3 c. Spanish Rice Tossed Salad (romaine lettuce, tomato, carrots, mushrooms) 2 Tbsp. ranch dressing 1/2 c. Grapes Milk	Chicken Fajita Stir Fry with 1/2 c. whole grain rice Tasty Sweet Potato Tots 1/2 c. Fresh Pear slices Milk	Pork Salad Wrap on whole grain tortilla 1/4 c. Marinated Black Bean Salad 1/2 c. Green Peas 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	2 1/2 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		Salad (Cherry tomato)= 1/4 cup	Stir fry (butternut squash; red pepper; tomato)= 3/8 cup		1 3/8 cup	3/4 cup
Beans/Peas (Legumes)	Quesadilla (refried beans)= 1/4 cup		Burrito (refried beans or pinto)= 1/8 cup		Marinated Black beans= 1/4 cup	5/8 cup	1/2 cup
Starchy		Mashed potatoes= 1/2 cup	Salad (Mushrooms)= 1/8 cup	Stir fry (corn)= 1/8 cup		5/8 cup	1/2 cup
Other	Green beans= 1/2 cup Cucumber= 1/4 cup		Spanish rice (Green pepper & Celery)= 1/8 cup	Stir fry (onion)= 1/4 cup Tasty Tots (onion & chick-pea)= 1/4 cup	Green peas= 1/2 cup	2 cups	1/2 cup
Total Vegetable						5 7/8 cup	3 3/4 cups
Grains*	Quesadilla= 1.5 oz. eq.	2 slices whole grain bread= 2 oz.	Burrito= 1.5 oz. Spanish Rice= 0.5 oz.	Stir fry rice (1/2 cup)= 1 oz.	Whole grain bun= 2 oz.	8.5 oz. eq. 8.5 oz = whole grain rich	8-9 oz. eq.
Meat/Meat Alternate	Quesadilla= 2 oz.	Turkey and cheese= 2 oz.	Burrito= 2 oz.	Stir fry= 1 1/4 oz. eq.	Pork Wrap= 1.75 oz.	9 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 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	691.71 kcals	600-700 kcals
Sodium	1253.74 mg	≤ 1360 mg
Saturated Fat	6.42 %	< 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>Spanish Rice</u>
<u>Toasted Turkey Ham & Cheese</u>	<u>Chicken Fajita Stir Fry</u>
<u>Sesame Broccoli</u>	<u>Pork Salad Wrap</u>
<u>Mashed Potatoes</u>	<u>Corn & Black Bean Salad</u>
<u>Beef and Bean Burrito</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
Rotini, Whole grain

Meat/ Meat Alternate

Low Sodium Ham
Cheese
Turkey
Chicken
Ground Beef

Vegetables

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

Fruits


Fresh Apple Slices
Fresh Pears
Peaches, canned
Oranges, fresh
Applesauce

Produce Pricing: Coming Soon!

Conventional

Local

Winter Lunch Menu ◊ Week 3 Breakdown (Grades 6-8)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Sloppy Joe on Whole Wheat Bun 2/3 c. Baked beans 1/2 c. Seasoned Green beans 1/2 c. Peach Cup Milk	Smokin' Powerhouse Chili w/ Whole Grain Corn bread 1/2 c. Green peas 1/2 c. Fresh apple slices w/ 1 Tbsp. Almond Butter Milk	Chicken Alfredo w/ a Twist Whole Grain Roll 1/2 c. Seasoned Broccoli 1/2 c. Sweet Corn 1/2 c. Fresh pear Slices Milk	Roasted Fish Crispy Slaw Wrap Tossed Salad (Romaine lettuce, tomato, cucumber, mushrooms) Whole Banana Milk	Mexican pizza on whole grain flatbread Mozzarella Cheese stick 2/3 c. Potato Salad 1/2 c. Pineapple Chunks Whole Grain Royal Brownie 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. Fish wrap= (Bok Choy & Romaine lettuce)= 1/8 cup		1 1/8 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)= 1/4 cup	Mexican pizza= 1/8 cup	1 3/8 cup	3/4 cup
Beans/Peas (Legumes)	Baked beans= 2/3 cup				Mexican pizza (pinto beans)= 1/4 cup	1 cup	1/2 cup
Starchy		Green peas= 1/2 cup	Sweet corn= 1/2 cup		Mexican pizza (corn)= 1/8 cup 2/3 cup Potato salad= 1/2 cup eq.	1 5/8 cup	1/2 cup
Other	Green beans= 1/2 cup	Chili (onion)= 1/8 cup		Salad (1/8 cup Cucumber & 1/8 cup Mushrooms)= 1/4 cup Fish wrap (red & white cabbage)= 7/8 cup		1 3/4 cup	1/2 cup
Total Vegetable		Chili= 1/8 cup additional				6 4/5 cups	3 3/4 cups
Grains*	Sloppy Joe roll= 2 oz.	Chili= 1/2 oz. eq. Corn bread= 1 oz.	Alfredo= 1 oz. eq. Whole grain roll= 1.5 oz.	Fish Wrap= 1.5 oz.	Mexican Pizza= 1/2 oz. Brownie= 0.5 oz.	8 1/2 oz. eq. 8 1/2 oz.= whole grain rich	8-10 oz. eq.
Meat/Meat Alternate	Sloppy joe= 2 oz.	Chili= 1 oz. 1 Tbsp. Almond Butter= 0.5 oz.	Chicken Alfredo= 2 oz.	Fish wrap= 2.5 oz.	Cheese stick 1 oz.	9 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	636.22 kcals	600-700 kcals
Sodium	761.16 mg	≤ 1360 mg
Saturated Fat	5.26 %	< 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>Sweet Potato Soufflé</u>	<u>Mexican Eagle Pizza</u>
<u>Corn Bread</u>	<u>Potato Salad</u>
<u>Chicken Alfredo w/ a Twist</u>	<u>Royal Brownie</u>

Summary of USDA Foods

<p>Grains</p> <p><u>Whole Grain Tortilla</u> <u>Rice, Whole grain</u> <u>Roll, Whole grain</u> <u>Rotini, Whole grain</u></p> <p>Meat/ Meat Alternate</p> <p><u>Turkey</u> <u>Chicken</u> <u>Ground Beef</u> <u>Cheese Stick</u></p>	<p>Vegetables</p> <p><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></p> <p>Fruits</p> <p><u>Peaches, Canned</u> <u>Fresh Apple Slices</u> <u>Fresh Pears</u> <u>Oranges, fresh</u></p>
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Produce Pricing: Coming Soon!

Conventional	Local
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Winter Lunch Menu ♦ Week 4 Breakdown (Grades 6-8)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Santa Fe Chicken Wrap 1/2 c. Marinated Black beans 1/2 c. Cucumber and tomatoes w/ 2 tbsp. Ranch Dressing 1/2 c. Fresh Grapes Milk	Cheeseburger and whole wheat bun Potato Wedges 1/2 c. Green Peas 1/2 c. Fresh Pear Slices Milk	Purple Power Bean Wrap (1/2 wrap) 1/2 c. Carrots w/ 1/2 c. Hummus Whole Grain Pita Chips 1/2 c. Sautéed Kale 1/2 c. Fresh Orange slices Milk	Chicken Penne (1 1/2 cup) Whole grain roll 1/2 c. Winter Squash 1/2 c. Apple slices 2 tbsp. almond butter Milk	Harvest Stew (Sweet potato, northern beans, potatoes) Whole grain roll 1 c Tossed Salad (Romaine lettuce, tomato, cucumber, mushrooms) 1/2 c. Pineapple chunks Whole grain oatmeal raisin cookie 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 wrap (Romaine lettuce) = 1/4 cup		Sautéed kale= 1/2 cup Wrap (Romaine let-	Chicken penne (broccoli) = 3/8 cup	1 cup Romaine lettuce= 1/2 cup eq.	1 3/4 cup	1/2 cup
Red/Orange	Cherry tomato= 1/4 cup		Carrots= 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 Santa Fe Wrap (corn)		Wrap (purple cabbage)= 1/8 cup	Winter squash= 1/2 cup	Salad (1/8 cup Cucumber & 1/8 cup Mushroom)= 1/4 cup	1 1/2 cup	1/2 cup
Total Vegetable					Stew= 1/8 additional	5 3/4 cup	3 3/4 cups
Grains*	Wrap= 3/4 oz. eq.	Whole wheat bun= 2 oz.	Tortilla Wrap= 3/4 oz. Pita chips = 1 oz.	Chicken penne = 1 3/4 oz. Whole grain Roll= 1 oz.	Whole grain roll= 1 oz. cookie= 1 oz.	9 1/4 oz. 9 1/4 oz = whole grain rich	8-10 oz. eq
Meat/Meat Alternate	Wrap= 2 oz.	Beef burger= 2 oz. Cheese= 1 oz.	Wrap= 1/2 oz.	Chicken penne= 1 oz. 2 Tbsp. Almond butter= 1 oz.	Stew= 1 1/2 oz. eq.	9 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 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	661.47 kcals	600-700 kcals
Sodium	800.32 mg	≤ 1360 mg
Saturated Fat	5.42%	< 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>Oatmeal Cookie</u>

Summary of USDA Foods

Grains

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

Vegetables

Sweet potato, canned
Green Peas
Black Beans
Carrots, fresh

Meat/ Meat Alternate

Chicken
Beef Patty
Cheese Stick

Fruits

Fresh Apple Slices
Fresh Pears
Oranges, fresh
Applesauce

Produce Pricing: Coming Soon!

Conventional	Local
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Winter Lunch Menu ♦ Week 5 Breakdown (Grades 6-8)



	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 on whole grain tortilla wrap 1/2 c. Marinated Black Bean Salad 1/2 c. Seasoned green beans 1/2 c. Applesauce Milk	Cheese Pizza on whole grain crust 1/2 c. Sautéed spinach 1/2 c. Red Pepper Slices w/ 2 Tbsp. Low fat ranch dressing 1/2 c. Fresh pear slices Low-fat Mozzarella cheese stick Milk	Tuna Salad on Whole grain roll 2/3 c. Baked beans 1/2 c. Sweet corn 1/2 c. Pineapple chunks Milk		
Fruits	Peaches= 1/2 cup	Oranges= 1/2 cup	Applesauce= 1/2 cup	Pears= 1/2 cup	Pineapple = 1/2 cup	3 cups	2 1/2 cups
Vegetables							
Dark Green	1 cup Romaine lettuce= 1/2 cup eq.	Seasoned Broccoli = 1/2 cup		Sautéed spinach= 1/2 cup		1 1/2 cup	1/2 cup
Red/Orange	Cherry tomato=1/4 cup	Tasty Tots (sweet potato)= 3/8 cup		Red pepper Slices = 1/2 cup		1 1/4 cup	3/4 cup
Beans/Peas (Legumes)	Meatloaf (lentils)= 1/8 cup	Quesadilla= 1/4 cup	Black bean salsa= 1/2 cup		Baked beans= 1/2 cup	1 3/8 cup	1/2 cup
Starchy	Mashed potatoes= 1/2 cup				Sweet corn= 1/2 cup	1 cup	1/2 cup
Other	Salad (1/8 cup Cucumber & 1/8 cup Mushroom) = 1/4 cup	Tasty tots (onion & chickpea)= 1/4 cup	Green beans= 1/2 cup Southwest burrito (green pepper; onion)= 1/2 cup		Tuna salad (celery & onion)= 1/8 cup	1 3/8 cup	1/2 cup
Total Vegetable						6 1/2 cups	3 3/4 cups
Grains*	Whole grain roll= 1oz.	Quesadilla= 1.5 oz.	Burrito= 1 3/4 oz. Tortilla chips= 1 oz.	Pizza Crust = 2 oz. eq.	Whole grain bread= 2 oz.	9 1/4 eq. 9 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 1.5/ cheese 0.5)	Pizza= 2 oz. eq.	Tuna Salad = 2 oz.	9 3/4 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 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	671.24 kcals	600-700 kcals
Sodium	1210.66 mg	≤ 1360 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>Volcanic Meatloaf</u>	<u>Southwest Burrito</u>
<u>Tossed Salad</u>	<u>Marinated Black Bean</u>
<u>Mashed Potatoes</u>	<u>Salad</u>
<u>Quirky Quesadilla</u>	<u>Pizza</u>
<u>Tasty Sweet Potato Tots</u>	<u>Tuna Salad</u>
	<u>Baked Beans</u>

Summary of USDA Foods

Grains

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

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef

Vegetables

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

Fruits

Fresh Pears
Peaches
Fresh Oranges
Fresh Apple Slices
Applesauce

Produce Pricing: Coming Soon!

Conventional	Local
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