

Winter Lunch Menu ♦ Grades 9-12



Monday

Tuesday

Wednesday


Thursday

Friday

Week 1	1 1/2 c. Chicken Penne Whole Grain Roll 1/2 c. Sautéed Kale 1/2 c. Sweet corn 1/2 c. Fresh Orange slices 1/2 c. Fresh Grapes Milk***	Crunchy Hawaiian Chicken Wrap on whole grain tortilla 1/2 c. Mexicali 1/2 c. Green beans 1/2 c. Fresh Pear slices 1/2 c. Canned Apricots Whole Grain Oatmeal Raisin Cookie Milk	Cheeseburger on whole grain bun Tasty Sweet Potato tots 1/2 c. Seasoned Broccoli Whole Banana Milk	Sweet and Sour Chicken w/ 1/2 c. whole grain rice 1/2 c. Black Bean & Corn Salsa w/ Whole Grain tortilla chips 1/2 c. Orange Glazed Carrots 1/2 c. Canned pineapple chunks 1/2 c. Apple slices w/ 2 tbsp. Almond butter Milk	Cheese Pizza Tossed Salad (Romaine lettuce, To- mato, Cucumber, Mushroom, Red Pepper) 1/2 c. Scalloped Potatoes 1 c. Fresh orange slices Milk
Week 2	Quirky Chicken Quesadilla on whole grain tortilla 1/2 c. Green Beans 1/2 c. Tomato and cucumbers w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh Orange Slices Whole Grain Royal Brownie Milk	Toasted Turkey Ham and Cheese on whole grain bread 1/2 c. Whole Grain Rice Pilaf 1/2 c. Sesame Broccoli 1/2 c. Mashed Potatoes Whole Banana 1/2 c. Applesauce Milk	Beef and Bean Burrito on whole wheat tortilla 1/2 c. Spanish Rice Tossed Salad (romaine lettuce, mushroom, cucumber, tomato, red pepper) 2 Tbsp. Low-fat ranch dip 1/2 c. Fresh Grapes 1/2 c. Peach cup Milk	Stir Fry Fajita Chicken w/ 1 c. whole grain rice Tasty Sweet Potato Tots 1/2 c. Fresh Pear slices 1/2 c. Canned Apricots Milk	Taco Salad w/ Romaine lettuce Whole Grain Roll 1/2 c. Orange Glazed Carrots 1/2 c. Black bean and Corn Salad 1/2 c. Pineapple chunks 1/2 c. Apple Slices Whole grain Banana Bread Milk
Week 3	Sloppy Joe on Whole Wheat Bun 1/2 c. Baked Beans 1/2 c. Seasoned corn 1/2 c. Peach Cup 1/2 c. Fresh Grapes Milk	Smokin' Powerhouse Chili w/ Whole Grain Corn bread 1/2 c. Red pepper slices 2 Tbsp. Ranch Dip 1/2 c. Fresh apple slices 1/2 c. Mandarin Oranges w/ 2 tbsp. almond butter Milk	Orange chicken w/ 1/2 c. Whole Grain Rice 1/2 c. Seasoned Broccoli 1/2 c. Sweet Potato Soufflé 1/2 c. Fresh pear Slices 1/2 c. Fresh orange slices Whole Grain Oatmeal Raisin Cookie Milk	Roasted Fish Crispy Slaw Wrap 1/2 c. Whole Grain rice Tossed Salad (Romaine lettuce, tomato, cucumber) 1/2 c. Green beans Whole Banana Milk	Chicken Salad Sandwich on Whole grain bread 1/2 c. Marinated Black Bean Salad 1 c. Potato Salad 1/2 c. Pineapple Chunks 1/2 c. Canned Apricots Milk
Week 4	Vegetable Pizza on whole grain crust Tasty Sweet Potato Tots 1/2 c. Cucumber & Tomato w/ 2 tbsp. Low- Fat Ranch Dip 1/2 c. Low-fat Strawberry Yo- gurt Whole Banana Milk	Cheeseburger on whole wheat bun 1/2 c. Potato Wedges 1/2 c. Sautéed Kale 1/2 c. Green Beans 1/2 c. Fresh pears 1/2 c. Fresh Grapes Milk	Purple Power Bean Wrap on Whole Grain Tortilla 1/2 c. Carrots w/ 1/4 c. Hummus & Whole Grain Pita Chips Mozzarella Cheese stick 1/2 c. Fresh Orange slices 1/2 c. Peach Cup Milk	All Beef Hotdog on Whole grain bun 1/2 c. Black Bean & Corn Salad 1/2 c. Sesame Broccoli 1/2 c. Pineapple Chunks 1/2 c. Fresh Apple slices w/ 2 tbsp. almond butter Milk	Honey Mustard Chicken Wrap on whole grain tortilla 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Applesauce 1/2 c. Canned apricots Chocolate chip cookie Milk
Week 5	Chicken Philly on whole grain bun 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, green pepper) 1/2 c. Mashed potatoes 1/2 c. Peach Cup 1/2 c. Fresh Pear Slices Milk	Quirky Beef Quesadilla on whole grain tortilla Whole grain Rice Pilaf 1/2 c. Sautéed Broccoli Tasty Sweet Potato Tots 1/2 c. Applesauce 1 c. Fresh Orange slices Milk	Taco Salad w/ 2 Tbsp. Low-fat ranch dressing 1/2 c. Marinated Black Bean Salsa w/ whole grain tortilla chips 1/2 c. Seasoned green beans Whole Banana Milk	Cheese Pizza on whole grain crust 1/2 c. Waffle Fries 1/2 c. Red Peppers & carrots with low-fat Ranch Dip 1/2 c. Pineapple chunks 1/2 c. Fresh Apple slices Milk	Beef Hot Dog on whole grain bun 1/2 c. Baked beans 1/2 c. Sweet corn 1/2 c. Mandarin oranges 1/2 c. Fresh grapes Milk

*** 1% Unflavored milk and non-fat/fat-free flavored milk offered as daily options

Winter Lunch Menu ♦ Week 1 Breakdown (Grades 9-12)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Chicken Penne Whole Grain Roll 1/2 c. Sautéed Kale 1/2 c. Sweet corn 1/2 c. Fresh Orange slices 1/2 c. Fresh Grapes Milk	Crunchy Hawaiian Chick- en Wrap on whole grain tortilla 1/2 c. Mexicali 1/2 c. Green beans 1/2 c. Fresh Pear slices 1/2 c. Canned Apricots Whole Grain Oatmeal Raisin Cookie Milk	Cheeseburger on whole grain bun Tasty Sweet Potato tots 1/2 c. Seasoned Broc- coli Whole Banana Milk	Sweet & Sour Chicken w/ 1/2 c. whole grain rice 1/2 c. Black Bean Salsa w/ Whole Grain tortilla chips 1/2 c. Orange Glazed Carrots 1/2 c. Canned pineapple chunks 1/2 c. Apple slices w/ 2 tbsp. Almond butter Milk	Cheese Pizza Tossed Salad (Romaine lettuce, Tomato, Cucumber, Mushroom, Red Pepper) 1/2 c. Scalloped Potatoes 1 c. Fresh orange slices Milk		
Fruits	Orange= 1/2 cup Grapes= 1/2 cup	Fresh Pears= 1/2 cup Apricots= 1/2 cup	Whole banana= 1 cup	Pineapple= 1/2 cup Apple slices =1/2cup	Oranges= 1 cup	5 cups	5 cups
Vegetables							
Dark Green	Kale= 1/2 cup	Wrap (spinach)= 1/4 cup	Seasoned Broccoli=1/2 cup	Sweet and sour chicken (broccoli)= 3/4 cup	1 cup Romaine lettuce =1/2 cup	2 5/8 cups	1/2 cup
Red/Orange		Wrap (carrots)= 1/8 cup	Tasty Tots (sweet potato)= 3/8 cup	Seasoned carrots= 1/2 cup Sweet and sour chicken (tomato & Carrots)= 1/4 cup	Pizza (tomato)= 1/8 cup Red pepper =1/8 cup	1 1/2 cup	1 1/4 cup
Beans/Peas (Legumes)				Black bean salsa= 1/2 cup		1/2 cup	1/2 cup
Starchy	Corn = 1/2 cup				Scalloped potatoes =1/2 cup	1 cup	1/2 cup
Other		Mexicali (green pepper) = 1/4 cup Chicken Wrap = 1/8 cup	Tasty Tots (onion & chickpea)=1/4 cup		Salad (1/8 cup cucumber & 1/8 cup Mushrooms)= 1/4 cup	1 1/8 cup	3/4 cup
Total Vegetable						6 3/4 cup	5 cups
Grains*	Penne= 1 3/4 oz. Whole grain roll=2 oz.	Wrap= 1 3/4 oz. Oatmeal cookie 1 oz.	Whole grain bun= 2 oz.	Tortilla chips 1 oz. eq. 1/2 cup rice= 1 oz. eq.	Pizza 2oz.	11 1/2 oz. 11 1/2 oz. = whole grain rich	10-12 oz. eq
Meat/Meat Alternate	Chicken penne 1 oz. Cheese stick 1 oz. (2 oz)	Wrap (Chicken) 2 oz. eq.	Hamburger: 2 oz.	Chicken nuggets 2 oz. 2 oz. Almond butter= 1 oz. eq.	Pizza 2oz. Eq.	11oz.	10-12 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	764.45 kcals	750-850 kcals
Sodium	996.62 mg	≤ 1420 mg
Saturated Fat	6.27 %	< 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>Chic' Penne</u>	<u>Sweet Potato Tots</u>
<u>Crunchy Hawaiian Chicken Wrap</u>	<u>Sweet & Sour chicken</u>
<u>Oatmeal Raisin Cookie</u>	<u>Marinated black bean salsa</u>
<u>Sesame Broccoli</u>	<u>Orange Glazed Carrots</u>
<u>Sloppy Joe</u>	<u>Pizza</u>
	<u>Tossed Salad</u>
	<u>Scalloped Potatoes</u>

Summary of USDA Foods

Grains

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

Vegetables

Sweet corn
Sweet potato, canned
Potatoes
Beans
Carrots, fresh

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef


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 9-12)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Quirky Chicken Quesadilla on whole grain tortilla 1/2 c. Green Beans 1/2 c. Tomato and cucum- bers w/ 2 Tbsp. Low-fat Ranch Dip 1/2 c. Fresh Orange Slices Whole Grain Royal Brown- ie Milk	Toasted Turkey Ham and Cheese on whole grain bread 1/2 c. Whole Grain Rice Pilaf 1/2 c. Sesame Broccoli 1/2 c. Mashed Potatoes Whole Banana 1/2 c. Applesauce Milk	Beef and Bean Burrito on whole wheat tortilla 1/2 c. Spanish Rice Tossed Salad (romaine lettuce, mushroom, cucumber, tomato, red pep- per) 2 Tbsp. Low-fat ranch dip 1/2 c. Fresh Grapes 1/2 c. Peach cup	Stir Fry Fajita Chicken w/ 1 c. whole grain rice Tasty Sweet Potato Tots 1/2 c. Fresh Pear slices 1/2 c. Canned Apricots Milk	Taco Salad w/ Romaine lettuce Whole Grain Roll 1/2 c. Orange Glazed Carrots 1/2 c. Black bean and Corn Salad 1/2 c. Pineapple chunks 1/2 c. Apple Slices Whole grain Banana Bread Milk		
Fruits	Oranges= 1 cup	Banana= 1 cup Applesauce= 1/2 cup	Grapes =1/2 Canned peaches= 1/2 up	Pear slices= 1/2cup	Pineapple=1/2 cup Apple= 1/2 cup	5 1/2 cups	5 cups
Vegetables							
Dark Green		Sesame broccoli =1/2cup	1 cup Romaine let- tuce=1/2 cup eq.		2 cups Taco salad (Romaine lettuce)= 1 cup	2 cups	1/2 cups
Red/Orange	Tomato =1/4 cup		Red Pepper=1/8 cup	Stir fry (butternut squash; red pepper; tomato)=3/8 cup	Taco salad (tomato)=1/4 cup Glazed carrots= 1/2 cup	2 1/4 cups	1 1/4 cups
Beans/Peas (Legumes)	Quesadilla: Refried beans =1/4 cup		Burrito (Refried or pinto beans)=1/8 cup		Bean & Corn salad= 1/2cup	7/8 cup	1/2 cups
Starchy		Mashed potatoes =1/2 cup		Stir fry (=1/8 cup	Taco salad (Corn)=1/4 cup	7/8 cup	1/2 cups
Other	Green beans= 1/2cup Cucumber=1/4 cup		Salad (Cucumber) = 1/4cup	Stir fry=1/4 cup Tasty Tots (onion& chick- pea)= 1/4 cup	Bean & corn salad=1/2 cup	2 cups	3/4 cups
Total						8 cups	5 cups
Grains*	Quesadilla 1.5 oz. 1 Whole Grain brownie= 0.5 oz.	2 Slices bread = 2 oz. Rice Pilaf= 1 oz.	Burrito (Tortilla)= 2 oz. Spanish Rice 1 oz.	1 cup Whole grain rice =2 oz. eq.	Whole grain roll 1 oz. eq.– Banana Bread 1 oz. oz.	11.5 oz. eq. 11.5 oz.= whole grain-rich	10-12 oz. eq.
Meat/Meat Alternate	Chicken quesadilla: 2 oz. eq.	Turkey and cheese 3 oz. eq.	Beef and bean burrito: 2 oz.	Stir fry 1 1/4 oz. eq.	Taco salad 3 oz.	11 1/4 oz.	10-12 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	798.71 kcals	750-850 kcals
Sodium	1359.27 mg	≤ 1420 mg
Saturated Fat	7.42 %	< 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>Quirky Quesadilla</u>	<u>Spanish Rice</u>
<u>Royal Brownie</u>	<u>Stir Fry Fajita</u>
<u>Toasted Turkey Ham & Cheese</u>	<u>Sweet Potato Tots</u>
<u>Sesame Broccoli</u>	<u>Taco Salad</u>
<u>Mashed Potatoes</u>	<u>Orange Glazed Carrots</u>
<u>Brown Rice Pilaf</u>	<u>Black Bean Salsa</u>
<u>Beef and Bean Burrito</u>	<u>Banana Bread</u>
<u>Tossed Salad</u>	


Summary of USDA Foods

Grains	Vegetables
<u>Whole Grain Tortilla</u>	<u>Green Beans</u>
<u>Rice, Whole grain</u>	<u>Sweet potato, canned</u>
<u>Roll, Whole grain</u>	<u>Green Peas</u>
<u>Rotini, Whole grain</u>	<u>Beans</u>
	<u>Carrots, fresh</u>
Meat/ Meat Alternate	<u>Potatoes</u>
<u>Low Sodium Ham</u>	Fruits
<u>Cheese</u>	<u>Fresh Apple Slices</u>
<u>Turkey</u>	<u>Fresh Pears</u>
<u>Chicken</u>	<u>Peaches, canned</u>
<u>Ground Beef</u>	<u>Oranges, fresh</u>
	<u>Applesauce</u>

Produce Pricing: Coming Soon!

Conventional	Local

Winter Lunch Menu ♦ Week 3 Breakdown (Grades 9-12)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Sloppy Joe on Whole Wheat Bun 1/2 c. Baked Beans 1/2 c. Seasoned corn 1/2 c. Peach Cup 1/2 c. Fresh Grapes Milk	Smokin' Powerhouse Chili w/ Whole Grain Corn bread 1/2 c. Red pepper slices 2 Tbsp. Ranch Dip 1/2 c. Fresh apple slices 1/2 c. Mandarin Oranges w/ 2 tbsp. almond butter Milk	Orange chicken w/ 1/2 c. Whole Grain Rice 1/2 c. Seasoned Broccoli 1/2 c. Sweet Potato Soufflé 1/2 c. Fresh pear Slices 1/2 c. Fresh orange slices Whole Grain Oatmeal Raisin Cookie Milk	Roasted Fish Crispy Slaw Wrap 1/2 c. Whole Grain rice Tossed Salad (Romaine lettuce, tomato, cucumber) 1/2 c. Green beans Whole Banana Milk	Chicken Salad Sandwich on Whole grain bread 1/2 c. Marinated Black Bean Salad 1 c. Potato Salad 1/2 c. Pineapple Chunks 1/2 c. Canned Apricots Milk		
Fruits	Peaches= 1/2 cup Grapes=1/2 cup	Apple slices=1/2 cup Mandarin oranges= 1/2	Pear halves=1/2 cup Oranges=1/2 cup	Large Banana =1 cup	Pineapple=1/2 cup Apricots =1/2 cup	5 cups	5 cups
Vegetables							
Dark Green			Orange chicken (spinach) =1/8 cup	Romaine lettuce= 1/2 cup Fish Wrap (Romaine lettuce;		1 1/4cup	1/2 cup
Red/Orange	Sloppy Joe (tomato paste)= 1/4 cup	Chili (carrots; red pepper; sweet potato) =1/2 cup	Sweet potato soufflé= 1/2 cup Orange chicken=1/4 cup	Cherry tomato =1/2 cup Fish wrap (carrots)= 1/4 cup		3 3/8 cups	1 1/4 cup
Beans/Peas (Legumes)	Baked beans =1/2 cup				Marinated Black bean salad= 1/2 cup	1 cup	1/2 cup
Starchy	Corn= 1/2 cup				Potato salad=1/2 cup	1 cup	1/2 cup
Other		Chili (onion)=1/8 cup	Orange chicken (pepper strips)= 1/8 cup	Salad (1/8 cup cucumber & 1/8 cup mushroom)= 1/4 cup Green beans= 1/2 cup	Lettuce=1/8 cup	2 cup	3/4 cup
Total Vegetable		Chili additional veg= 1/8				8 5/8 cup	5 cups
Grains*	Sloppy joe= 2oz. Eq.	Chili =1/2 oz. eq. Corn bread= 1 oz.	1/2 cup rice= 1 oz. Oatmeal Cookie= 1 oz. eq.	Fish Wrap = 1.5 oz. 1/2 cup rice= 1 oz.	Whole grain bread= 2 oz. 2 oz. whole grain rich	10 oz. eq. 10 oz.= whole grain rich	10-12 oz. eq.
Meat/Meat Alternate	Sloppy joe: 2 oz. eq.	Chili= 1 oz. eq. 2 Tbsp. Almond butter= 1 oz.	Orange chicken= 2 oz. eq.	Fish Wrap= 2.5 oz.	Chicken Salad= 2 oz.	oz. eq.	10-12 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	792.65 kcals	750-850 kcals
Sodium	1057.10 mg	≤ 1420 mg
Saturated Fat	5.51 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUCC 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>Chicken Salad</u>
<u>Sweet Potato Soufflé</u>	<u>Tossed Salad</u>
<u>Corn Bread</u>	<u>Marinated Black</u>
<u>Wokin' Orange Chicken</u>	<u>Bean Salad</u>
<u>Oatmeal Raisin Cookie</u>	<u>Potato Salad</u>

Summary of USDA Foods

Grains

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

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef

Vegetables

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

Fruits

Peaches, Canned
Fresh Apple Slices
Fresh Pears
Oranges, fresh

Produce Pricing: Coming Soon!

Conventional	Local
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Winter Lunch Menu ♦ Week 4 Breakdown (Grades 9-12)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Vegetable Pizza on whole grain crust Tasty Sweet Potato Tots 1/2 c. Cucumber & Tomato w/ 2 tbsp. Low-Fat Ranch Dip 1/2 c. Low-fat Strawberry Yogurt Whole Banana Milk	Cheeseburger on whole wheat bun 1/2 c. Potato Wedges 1/2 c. Sautéed Kale 1/2 c. Green Beans 1/2 c. Fresh pears 1/2 c. Fresh Grapes Milk	Purple Power Bean Wrap on Whole Grain Tortilla 1/2 c. Carrots w/ 1/4 c. Hummus & Whole Grain Pita Chips Mozzarella Cheese stick 1/2 c. Fresh Orange slices 1/2 c. Peach Cup Milk	All Beef Hotdog on Whole grain bun 1/2 c. Black Bean & Corn Salad 1/2 c. Sesame Broccoli 1/2 c. Pineapple Chunks 1/2 c. Fresh Apple slices w/ 2 tbsp. almond butter Milk	Honey Mustard Chicken Wrap on whole grain tortilla 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Applesauce 1/2 c. Canned apricots Chocolate chip cookie Milk		
Fruits	Banana = 1 cup	Fresh pear = 1/2 cup	Orange slices = 1/2 cup	Pineapple = 1/2 cup	Applesauce = 1/2 cup	5 Cups	5 Cups
Vegetables							
Dark Green		Kale = 1/2 cup	Wrap (1/2 c. Romaine lettuce) = 1/4 cup	Sesame Broccoli = 1/2 cup	1 cup Romaine lettuce = 1/2 cup eq.	1 3/4 cup	1/2 cup
Red/Orange	Tasty Tots (sweet potato) = 3/8 cup Tomatoes = 1/4 cup		Carrots = 1/2 cup		Tomatoes = 1/2 cup	1 5/8 cups	1 1/4 cups
Beans/Peas (Legumes)			Hummus (chickpeas) = 1/2 cup	Bean and corn salad (pinto beans & black eyed peas) = 1/4 cup		1/2 cup	1/2 cup
Starchy		Potato Wedges = 1/2 cup		Bean and corn salad (corn) = 1/8 cup		5/8 cup	1/2 cup
Other	Pizza = 1/2 cup Tasty tots (onion & chick-pea) = 1/4 cup Cucumber = 1/4 cup	Green beans = 1/2 cup	Wrap (Purple Cabbage) = 1/4 cup	Bean and corn salad (celery & onion) = 1/8 cup	Salad (1/8 cup Cucumber & 1/8 cup Mushrooms) = 1/4 cup Wrap (Broccoli Slaw) = 1/2 cup	2 5/8 cups	3/4 cup
Total Vegetable						7 1/8 Cups	5 Cups
Grains*	Pizza = 2 oz.	Whole wheat bun = 2 oz.	Wrap: 1 3/4 oz. eq. Pita chips = 1 oz.	Hot dog bun = 2 oz.	Chicken wrap = 1 oz. Cookie = 1.5 oz.	11 1/4 oz. eq. 11 1/4 oz. = whole grain rich	10-12 oz. eq.
Meat/Meat Alternate	Veg pizza: 1 1/4 oz. Eq. Yogurt = 1 oz.	Beef Hamburger: 2 oz. .	Wrap: 1 oz. eq. Cheese stick 1 oz.	Hot Dog = 2 oz. 1 Tbsp. Almond butter = 0.5 oz. eq.	Chicken wrap 2 oz.	11 1/4 oz. eq.	10-12 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	796.72 kcals	750-850 kcals
Sodium	975.72 mg	≤ 1420 mg
Saturated Fat	7.95 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUCC 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

Pizza

Sweet Potato Tots

Ranch Potato Wedges

Purple Power Bean Wrap

Black Bean and Corn Salad

Sesame Broccoli

Honey Mustard Chicken Wrap

Tossed Salad

Summary of USDA Foods

Grains

Whole Grain Tortilla

Rice Pilaf

Roll, Whole grain

Rotini, Whole grain

Vegetables

Sweet potato, canned

Green Peas

Beans

Carrots, fresh

Meat/ Meat Alternate

Turkey

Chicken

Ground Beef

Cheese Stick

Fruits

Fresh Apple Slices

Fresh Pears

Oranges, fresh


Applesauce

Produce Pricing: Coming Soon!

Conventional

Local

Winter Lunch Menu ♦ Week 5 Breakdown (Grades 9-12)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Chicken Philly on whole grain bun 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, green pepper) 1/2 c. Mashed potatoes 1/2 c. Peach Cup 1/2 c. Fresh Pear Slices Milk	Quirky Beef Quesadilla on whole grain tortilla Whole grain Rice Pilaf 1/2 c. Sautéed Broccoli Tasty Sweet Potato Tots 1/2 c. Applesauce 1 c. Fresh Orange slices Milk	Taco Salad w/ 2 Tbsp. Low-fat ranch dressing 1/2 c. Marinated Black Bean Salsa w/ whole grain tortilla chips 1/2 c. Seasoned green beans Whole Banana Milk	Cheese Pizza on whole grain crust 1/2 c. Potato Wedges 1/2 c. Red Peppers & carrots with low-fat Ranch Dip 1/2 c. Pineapple chunks 1/2 c. Fresh Apple slices Milk	Beef Hot Dog on whole grain bun 1/2 c. Baked beans 1/2 c. Sweet corn 1/2 c. Mandarin oranges 1/2 c. Fresh grapes Milk		
Fruits	Peaches =1/2 cup Pears =1/2 cup	Applesauce= 1/2 cup Oranges= 1/2 cup	Banana= 1 cup	Pineapple=1/2 cup Apple slices= 1/2 cup	Mandarin oranges= 1/2 cup Grapes= 1/2 cup	5 cups	5 cups
Vegetables							
Dark Green	1 c. Romaine lettuce =1/2 cup eq.	Sautéed broccoli =1/2 cup	Taco salad (2 cups Romaine lettuce) = 1 cup eq.			2 cups	1/2 cups
Red/Orange	Cherry tomato =1/2 cup	Sweet potato wedges =1/2 cup	Taco salad (tomato)= 1/4 cup	Red peppers= 1/4 cup Carrots= 1/4 cup		1 3/4 cups	1 1/4 cup
Beans/Peas		Quesadilla (Refried Beans)=1/4cup	Black bean salsa (black beans) = 1/2 cup		Baked beans =1/2 cup	3/4 cup	1/2 cup
Starchy	Mashed potatoes= 1/2 cup		Taco salad (corn)=1/4 cup	Potato Wedges= 1/2 cup	Corn= 1/2 cup	1 3/4 cup	1/2 cup
Other	Chicken Philly (pepper strip blend)=1/4 cup Salad (1/8 cup Cucumbers & 1/8 Green pepper)= 1/4 cup	Spanish rice=1/8 cup	Green beans= 1/2 cup	Pizza= 1/4 cup		1 1/2 cup	3/4 cup
Total Vegetable						7 3/4 cups	5 cups
Grains*	Chicken Philly= 2.5 oz.	Quesadilla= 1.5 oz. eq. Rice= 1/2 oz. eq.	Tortilla chips= 2.0 oz. eq.	Pizza =2 oz.	Whole grain bun =2 oz.	11.5 oz. eq. 11.5 oz. whole grain rich	10-12 oz. eq.
Meat/Meat Alternate	Chicken Philly= 3 oz. eq.	Quesadilla= 2 oz. eq.	Taco salad: 3 oz. eq.	Pizza =2 oz.	Beef Hot Dog= 2 oz. eq.	12 oz. eq.	10-12 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	785.44 kcals	750-850 kcals
Sodium	1378.56 mg	≤ 1420 mg
Saturated Fat	7.69 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSC 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 Philly</u>	<u>Taco Salad</u>
<u>Tossed Salad</u>	<u>Marinated Black Bean Salad</u>
<u>Mashed Potatoes</u>	<u>Pizza</u>
<u>Quirky Quesadilla</u>	<u>Ranch Potato Wedges</u>
<u>Rice Pilaf</u>	<u>Baked Beans</u>
<u>Tasty Sweet Potato Tots</u>	

Summary of USDA Foods

Grains

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

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef

Vegetables

Sweet potato, canned
Green Peas
Vegetarian Beans
Carrots, fresh

Fruits

Fresh Pears
Peaches
Fresh Oranges
Fresh Apple Slices
Applesauce

Produce Pricing: Coming Soon!

Conventional	Local
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