



# Sample Michigan Lunch Menu



## HealthierUS School Challenge Gold Award Guidelines:\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Chicken Baked Beans Whole Grain Dinner Roll Salad with Romaine and Spinach Fresh Grapes Lowfat Milk*	2 Whole Grain Pancakes Scrambled Eggs Hashbrown Patty Baked Apple Slices Lowfat Milk*	3 Whole Grain Pepperoni Pizza Fresh Broccoli Buds Blueberry Muffin Petite Banana Lowfat Milk*	4 Hamburger on Whole Grain Bun Sweet Potato Fries Chilled Peaches Lowfat Milk*	5 WG Cheesy Bread Three Bean Salad Brownie Fresh Pear Lowfat Milk*
8 Vegetable Quesadilla w/Salsa and Light Sour Cream Refried Beans Mexicali Corn Petite Banana Lowfat Milk*	9 Baked Chicken Strips w/ Honey Barbecue Sauce Dinner Roll Salad with Romaine and Spinach Fresh Apple Lowfat Milk*	10 Vegetable Chili Whole Grain Wheat Crackers Fresh Baby Carrots Fresh Grapes Lowfat Milk*	11 Waffle Sticks with Turkey Sausage Patty Potato Triangle Strawberry Yogurt Orange Juice Lowfat Milk*	12 Grilled Chicken Sandwich w/ Lettuce, Tomato, Lite Ranch Broccoli Salad Chilled Tropical Fruit Lowfat Milk*
15 Turkey Veggie Wrap Carrot Raisin Salad Fresh Apple Lowfat Milk*	16 Nachos with Ground Beef Refried Beans Oatmeal Raisin Cookie Chilled Fruit Cocktail Lowfat Milk*	17 Chicken Chili w/ Beans WG Cornbread Broccoli Buds Petite Banana Lowfat Milk*	18 WG Spaghetti with Meat Sauce Bread Stick Seasoned Green Beans Fresh Grapes Lowfat Milk*	19 Whole Grain Cheese Pizza Romaine and Spinach Salad Chilled Peaches Cherry Crisp Lowfat Milk*

**Vegetables:** Offer a different vegetable every day of the week (at least 1/4 cup serving size)

**Dark green or orange vegetables:** Offer dark green or orange vegetables on 3 or more days per week (Of the 3, at least 2 must be different. At least 1/4 cup servings are required).

**Cooked dry beans or peas (legumes)** Offer at least 1 serving per week. At least 1/4 cup servings are required.

**Fruits:** Offer a different fruit every day of the week (at least 1/4 cup serving size).

**Fresh fruit:** Offer fresh fruit at least 2 days per week (at least 1/4 cup serving size).

**Whole grain foods:** Offer at least 1 serving of whole grain food every day, and may not be the same one each day.



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\*Skim milk and 1% chocolate milk offered everyday.  
This menu meets the HealthierUS School Challenge (HUSSC) and the Traditional Food-Based Menu Planning approach for Grades 4-12.  
Please email comments and/or suggestions to MDE-Schoolnutrition@michigan.gov.

\*\*<http://teamnutrition.usda.gov/HealthierUS/index.html>

















# DAILY FOOD PRODUCTION RECORD

DAILY FOOD PRODUCTION RECORD											STUDENTS	
DATE: <span style="float: right;">Thursday, Week 2</span>											ADULTS	
SPONSOR/BUILDING/SCHOOL NAME:											EMPLOYEES	
Michigan Menu											Offer vs. Serve Implemented?	
											<input type="checkbox"/> YES <input type="checkbox"/> NO	
<input type="checkbox"/> Breakfast	<input type="checkbox"/> Dinner	(B)	(C)	(D)	(E)	(F)	(G)	(H)	(G)	(I)	(J)	(K)
<input checked="" type="checkbox"/> Lunch	<input type="checkbox"/> Snack	RECIPE # OR CODE	PORTION SIZE	# PORTIONS PLANNED	LBS, CANS, OR CASES USED	COOKING TIME/TEMP	CORRECTIVE ACTION CODE	SERVING TIME/ TEMP	CORREC- TIVE ACTION CODE	# OF PORTIONS PREPARED	# OF PORTIONS SERVED	LEFTOVER & CODE (F- Freezer C-Cooler W Waste)
(A) MENU												
<b>Meat/Meat Alternate</b>												
Sausage Patty, Turkey - 1 oz		USDA	1 ea									
Strawberry Yogurt			1/2 C									
<b>Vegetables/Fruits (2 or more servings)</b>												
Potato Triangles - 2 oz		USDA	2 ea									
Orange Juice			4 oz									
<b>Grains/Breads</b>												
Waffle Sticks - 1.1 oz			2 ea									
<b>Milk (8oz)</b>												
Assorted Low Fat Milk (1% or less)			1 C									
<b>Condiments/Other Foods</b>												
Margarine			1 pat									
Syrup, Pancake			2 T									
TOTAL												











