



# Sample Michigan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Spaghetti with Meat Sauce Bread Stick Seasoned Green Beans 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 Petite Banana Lowfat Milk*	4 Veggie Stir Fry w/White Beans Brown Rice Chilled Peaches Lowfat Milk*	5 Hamburger on Whole Grain Bun Sweet Potato Fries Fresh Pear Lowfat Milk*
8 Chicken and Cheese Quesidilla w/Salsa and Light Sour Cream Mexicali Corn Fresh Orange Lowfat Milk*	9 Baked Chicken Nuggets 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 Turkey with Dressing and Gravy Cranberry Sauce Whole Wheat Dinner Roll Sweet Potato Apple Bake Fresh Strawberries Lowfat Milk*	12 Grilled Chicken Sandwich w/ Lettuce, Tomato, Lite Ranch Chilled Tropical Fruit Lowfat Milk*
15 Baked Mostaccioli WG Dinner Roll Romaine and Spinach Salad Petite Banana Lowfat Milk*	16 Waffle Sticks with Turkey Sausage Links Potato Triangle Orange Juice Lowfat Milk*	17 Whole Grain Chicken Corn Dog Crisp Carrot & Celery Sticks Fresh Grapes Lowfat Milk*	18 Bean Burrito with Salsa and Sour Cream Shredded Lettuce Chilled Fruit Cocktail Lowfat Milk*	19 Cheesy Breadstick Broccoli Salad Fresh Pear Lowfat Milk*
22 Turkey Veggie Wrap Carrot Raisin Salad  Fresh Nectarine Lowfat Milk*	23 Nachos with Ground Beef Refried Beans Lettuce, Tomato, Salsa, Lite Sour Cream Chilled Fruit Cocktail Lowfat Milk*	24 BBQ Chicken Whole Grain Dinner Roll  Salad with Romaine and Spinach Petite Banana Lowfat Milk*	25 Salisbury Steak Whole Grain Dinner Roll  Seasoned Green Beans Chilled Pineapple Lowfat Milk*	26 Fish Taco Del Mar Tartar Sauce  Cole Slaw Fresh Orange Lowfat Milk*
29 Teriyaki Rice Bowl Day: Grilled Chicken Strips Steamed Broccoli Florets, Red Pepper Strips, Pea Pods, Carrot Coins Brown Rice Chilled Peaches Lowfat Milk*	30 Sloppy Joe on Whole Wheat Bun Posh Squash Fresh Apple Lowfat Milk*	31 Turkey Chili w/ Beans Broccoli Buds WG Cornbread Petite Banana Lowfat Milk*	1 Whole Grain Cheese Pizza Romaine and Spinach Salad Fresh Apple Cherry Crisp Lowfat Milk*	2 Vegetable Wraps w/ Hummus Fresh Grapes Lowfat Milk*

## HealthierUS School Challenge Guidelines:\*\*

**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 Menu Pattern (Grades 4-12). This menu is a DRAFT. Please email comments and/or suggestions to MDE-Schoolnutrition@michigan.gov.

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