

# Sample Lunch Menus

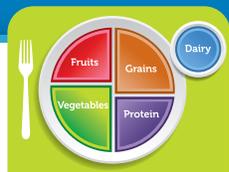


## Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Entree Choices:</b>				
Savory Roast Pork (2 oz) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Roll <b>WG (1)</b>	Beefy Mac & Cheese <b>WG (3/4 cup)</b> with Whole Wheat Breadstick <b>WG (1)</b>	Meatloaf Cupcakes (2 oz) Mashed Potatoes <b>S (1/2 cup)</b> with Whole Wheat Roll <b>WG (1)</b>	Southwest Chicken Cobb Salad <b>G (1 cup)</b> (1 oz Chicken, 1 oz Cheese, 0.9 gm Torilla Strips) with Whole Wheat Crackers <b>WG (8 crackers)</b>	Slice of Hot Cheesy Pizza <b>WG (2)</b>
Oven Baked Chicken Bites (5) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Roll <b>WG (1)</b>	Sweet and Sour Chicken (3/4 cup) on Fried Rice (1/2 cup) with Whole Wheat Breadstick <b>WG (1)</b>	Homemade Chicken Salad (1/2 cup) with Whole Wheat Roll <b>WG (1)</b>	Hamburger (2 oz) and Fixings on Whole Wheat Roll <b>WG X2 (1)</b> Sliced Fresh Tomatoes <b>R/O (1/4 cup)</b> and Lettuce Leaves (1/4 cup)	Baked Lemon Pepper Tilapia (2 oz) with Pita Chips <b>WG (0.9 oz)</b>
<b>Vegetable/Fruit Choices:</b>				
Succulent Sweet Potatoes <b>R/O (1/2 cup)</b>	Black-eyed Peas <b>B/P (1/2 cup)</b>	Baked Au Gratin Potatoes <b>S (1/2 cup)</b>	Oven Baked Potato Sticks <b>S (1/2 cup)</b>	California Blend Mixed Vegetables <b>G (1/2 cup)</b>
Seasoned Green Beans <b>O (1/2 cup)</b>	Crazy Cherry Tomatoes <b>R/O (1/4 cup)</b> w/Dipping Sauce	Fresh Steamed Broccoli <b>G</b> & Cauliflower <b>O (1/2 cup)</b>	Seasoned Great Northern Beans <b>B/P (1/2 cup)</b>	Seasoned Green Peas <b>S (1/2 cup)</b>
Crisp Veggie Dippers <b>R/O (1/2 cup)</b>	Steamed Fresh Squash <b>O (1/2 cup)</b>	Fresh Romaine Garden Salad <b>G (1/2 cup)</b> with Dressing	Fresh Romaine Garden Salad <b>G (1/2 cup)</b> with Dressing	Fresh Romaine Garden Salad <b>G (1/2 cup)</b> with Dressing
Oodles of Raisins (1.5 oz box)	Tangy Tangerine (1 each)	Red Delicious Apple (1 each)	Fresh Bunch O' Grapes (1/2 cup)	Crisp Coleslaw <b>O (1/2 cup)</b>
Fresh Banana (1 each)	Chilled Cinnamon Pears (1/2 cup)	Chilled Peach Slices (1/2 cup)	Chilled Pineapple Chunks in Light Syrup (1/2 cup)	Fresh Melon Chunks (1/2 cup)
<b>Salad Bar:</b>				
Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit and grains noted below	Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit and grains noted below	Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit and grains noted below	Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit and grains noted below	Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit and grains noted below
Whole Wheat Crackers <b>WG (8 crackers)</b>				
Goldfish Crackers <b>WG (21 gm pkg)</b>				

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

**WG** = Whole Grain   **G** = Green Vegetable   **R/O** = Red/Orange Vegetable   **S** = Starchy Vegetable   **B/P** = Beans/Peas   **O** = Other Vegetable



# Sample Lunch Menus



## Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>Entree Choices:</b></p> <p>Oven Baked Lasagna <b>WG (3/4 cup noodles; 2 oz beef)</b> with Whole Wheat Breadstick <b>WG (1)</b></p> <p>Herb Baked Chicken (2 oz) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Breadstick <b>WG (1)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Steamed Fresh Carrots <b>R/O (1/2 cup)</b></p> <p>Crisp Veggie Dippers <b>O (1/2 cup)</b></p> <p>Fresh Romaine Garden Salad <b>G (1/2 cup)</b> with Dressing</p> <p>Fresh Banana (1 each)</p> <p><b>Salad Bar:</b></p> <p>Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit and grains noted below</p> <p>Whole Wheat Crackers <b>WG (8 crackers)</b></p> <p>Goldfish Crackers <b>WG (21 gm pkg)</b></p> <p>Cup O' Pudding (1/2 cup)</p>	<p><b>Entree Choices:</b></p> <p>Oven Baked Chicken Tenders (2 oz) with Whole Wheat Roll <b>WG (1)</b></p> <p>Savory Fish Filet (2 oz) with Whole Wheat Roll <b>WG (1)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Smashed Potatoes <b>S (1/2 cup)</b></p> <p>Seasoned Baked Beans <b>B/P (1/2 cup)</b></p> <p>X-Ray Vision Baby Carrots <b>R/O (2 oz pkg)</b></p> <p>Fresh Fruit Boats (1/2 cup)</p> <p>Traveling Trail Mix (1/2 cup)</p> <p><b>Salad Bar:</b></p> <p>Whole Wheat Crackers <b>WG (8 crackers)</b></p>	<p><b>Entree Choices:</b></p> <p>Oodles of Spaghetti with Meat Sauce <b>WG (1 cup)</b> with Garlic Bread <b>WG (1 oz)</b></p> <p>Homemade Tuna Salad (2 oz) on Flatbread (57 gm) <b>WG (2)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Seasoned Green Beans <b>O (1/2 cup)</b></p> <p>Creamy Broccoli and Raisin Salad <b>G (1/2 cup)</b></p> <p>Chunks of Fresh Melon (1/2 cup)</p> <p><b>Salad Bar:</b></p> <p>Whole Wheat Crackers <b>WG (8 crackers)</b></p> <p>Goldfish Crackers <b>WG (21 gm pkg)</b></p> <p>Fruited Gelatin (1/2 cup)</p>	<p><b>Entree Choices:</b></p> <p>Savory Lemon Pepper Chicken (2 oz) on Spanish Rice (1/2 cup) with Whole Wheat Breadstick <b>WG (1)</b></p> <p>Veggie Quesadilla (6 inch) <b>WG (1)</b> on Spanish Rice (1/2 cup)</p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Oven Baked Sweet Potato Fries <b>R/O (1/2 cup)</b></p> <p>Fresh Spinach Salad <b>G (1/2 cup)</b></p> <p>Chilled Three Bean Salad <b>B/P (1/2 cup)</b></p> <p>Hot Cinnamon Apples (1/2 cup)</p> <p>Tangy Tangerine (1 each)</p> <p><b>Salad Bar:</b></p> <p>Whole Wheat Crackers <b>WG (8 crackers)</b></p> <p>Goldfish Crackers <b>WG (21 gm pkg)</b></p>	<p><b>Entree Choices:</b></p> <p>Slice of Hot Cheesy or Pepperoni Pizza <b>WG (2)</b></p> <p>Tasty Taco Salad (2 oz Beef) with Pita Chips <b>WG (0.9 oz)</b></p> <p>Fresh Tomatoes <b>R/O (1/4 cup)</b> and Shredded Lettuce <b>G (1 cup)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Seasoned Black Beans <b>B/P (1/2 cup)</b></p> <p>California Blend Mixed Vegetables <b>G (1/2 cup)</b></p> <p>Chilled Mandarin Orange Salad (1/2 cup)</p> <p>Fresh Plum (1 each)</p> <p>Chilled Pineapple Chunks in Light Syrup (1/2 cup)</p> <p><b>Salad Bar:</b></p> <p>Whole Wheat Crackers <b>WG (8 crackers)</b></p>

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6-8



# Sample Lunch Menus



NATIONAL DAIRY COUNCIL®

## Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>Entree Choices:</b></p> <p>Savory Roast Pork (2 oz) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Roll <b>WG (1)</b></p> <p>Oven Baked Chicken Bites (5) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Roll <b>WG (1)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Succulent Sweet Potatoes <b>R/O (1/2 cup)</b></p> <p>Seasoned Green Beans <b>O (1/2 cup)</b></p> <p>Crisp Veggie Dippers <b>R/O (1/2 cup)</b></p> <p>Oodles of Raisins (1.5 oz box)</p> <p>Fresh Banana (1 each)</p> <p><b>Salad Bar:</b></p>	<p><b>Entree Choices:</b></p> <p>Beefy Mac &amp; Cheese <b>WG (3/4 cup)</b> with Whole Wheat Breadstick <b>WG (1)</b></p> <p>Sweet and Sour Chicken (3/4 cup) on Fried Rice (1/2 cup) with Whole Wheat Breadstick <b>WG (1)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Black-eyed Peas <b>B/P (1/2 cup)</b></p> <p>Crazy Cherry Tomatoes <b>R/O (1/4 cup)</b> w/Dipping Sauce</p> <p>Steamed Fresh Squash <b>O (1/2 cup)</b></p> <p>Tangy Tangerine (1 each)</p> <p>Chilled Cinnamon Pears (1/2 cup)</p> <p><b>Salad Bar:</b></p>	<p><b>Entree Choices:</b></p> <p>Meatloaf Cupcakes (2 oz) Mashed Potatoes (1/2 cup) with Whole Wheat Roll <b>WG (1)</b></p> <p>Homemade Chicken Salad (1/2 cup) with Whole Wheat Roll <b>WG (1)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Baked Au Gratin Potatoes <b>S (1/2 cup)</b></p> <p>Fresh Steamed Broccoli <b>G</b> &amp; Cauliflower <b>O (1/2 cup)</b></p> <p>Fresh Romaine Garden Salad <b>G (1/2 cup)</b> with Dressing</p> <p>Red Delicious Apple (1 each)</p> <p>Chilled Peach Slices (1/2 cup)</p> <p><b>Salad Bar:</b></p>	<p><b>Entree Choices:</b></p> <p>Southwest Chicken Cobb Salad <b>G (1 cup)</b> (1 oz Chicken; 1 oz Cheese; 0.9 gm Torilla Strips) with Whole Wheat Crackers <b>WG (8 crackers)</b></p> <p>Hamburger (2 oz) and Fixings on Whole Wheat Roll <b>WG X2 (1)</b> Sliced Fresh Tomatoes <b>R/O (1/4 cup)</b> and Lettuce Leaves (1/4 cup)</p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Oven Baked Potato Sticks <b>S (1/2 cup)</b></p> <p>Seasoned Great Northern Beans <b>B/P (1/2 cup)</b></p> <p>Fresh Romaine Garden Salad <b>G (1 cup)</b> with Dressing</p> <p>Fresh Bunch O' Grapes (1/2 cup)</p> <p>Chilled Pineapple Chunks in Light Syrup (1/2 cup)</p> <p><b>Salad Bar:</b></p>	<p><b>Entree Choices:</b></p> <p>Slice of Hot Cheesy Pizza <b>WG (2)</b></p> <p>Baked Lemon Pepper Tilapia (2 oz) with Pita Chips <b>WG (0.9 oz)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>California Blend Mixed Vegetables <b>G (1/2 cup)</b></p> <p>Seasoned Green Peas <b>S (1/2 cup)</b></p> <p>Fresh Romaine Garden Salad <b>G (1/2 cup)</b> with Dressing</p> <p>Fresh Melon Chunks (1/2 cup)</p> <p>Chilled Apricot Slices in Light Syrup (1/2 cup)</p> <p><b>Salad Bar:</b></p>

Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers

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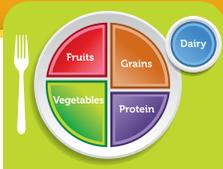
NATIONAL DAIRY COUNCIL®

## Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>Entree Choices:</b></p> <p>Oven Baked Lasagna <b>WG (3/4 cup noodles; 2 oz beef)</b> with Whole Wheat Breadstick <b>WG (1)</b></p> <p>Herb Baked Chicken (2 oz) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Breadstick <b>WG (1)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Steamed Fresh Carrots <b>R/O (1/2 cup)</b></p> <p>Crisp Veggie Dippers <b>O (1/2 cup)</b></p> <p>Fresh Romaine Garden Salad <b>G (1 cup)</b> with Dressing</p> <p>Fresh Banana (1 each)</p> <p><b>Salad Bar:</b></p> <p>Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers</p> <p>Cup O' Pudding (1/2 cup)</p>	<p><b>Entree Choices:</b></p> <p>Oven Baked Chicken Tenders (2 oz) with Whole Wheat Roll <b>WG (1)</b></p> <p>Savory Fish Filet (2 oz) with Whole Wheat Roll <b>WG (1)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Smashed Potatoes <b>S (1/2 cup)</b></p> <p>Seasoned Baked Beans <b>B/P (2/3 cup)</b></p> <p>X-Ray Vision Baby Carrots <b>R/O (2 oz pkg)</b></p> <p>Fresh Fruit Boats (1/2 cup)</p> <p>Traveling Trail Mix (1/2 cup)</p> <p><b>Salad Bar:</b></p>	<p><b>Entree Choices:</b></p> <p>Oodles of Spaghetti with Meat Sauce <b>WG (1 cup)</b> with Garlic Bread <b>WG (1 oz)</b></p> <p>Homemade Tuna Salad (1/2 cup) on Flatbread (57 gm) <b>WG (2)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Seasoned Green Beans <b>O (1/2 cup)</b></p> <p>Creamy Broccoli and Raisin Salad <b>G (1/2 cup)</b></p> <p>Chunks of Fresh Melon (1/2 cup)</p> <p><b>Salad Bar:</b></p> <p>Fruited Gelatin (1/2 cup)</p>	<p><b>Entree Choices:</b></p> <p>Savory Lemon Pepper Chicken (2 oz) on Spanish Rice (1/2 cup) with Whole Wheat Breadstick <b>WG (1)</b></p> <p>Veggie Quesadilla (6-inch) <b>WG (1)</b> with Spanish Rice (1/2 cup)</p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Oven Baked Sweet Potato Fries <b>R/O (1/2 cup)</b></p> <p>Fresh Spinach Salad <b>G (1 cup)</b></p> <p>Chilled Three Bean Salad <b>B/P (1/2 cup)</b></p> <p>Hot Cinnamon Apples (1/2 cup)</p> <p>Tangy Tangerine (1 each)</p> <p><b>Salad Bar:</b></p>	<p><b>Entree Choices:</b></p> <p>Slice of Hot Cheesy or Pepperoni Pizza <b>WG (2)</b></p> <p>Tasty Taco Salad (2 oz Beef) with Pita Chips <b>WG (0.9 oz)</b> Fresh Tomatoes <b>R/O (1/4 cup)</b> and Shredded Lettuce <b>G (1 cup)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Seasoned Black Beans <b>B/P (1/2 cup)</b></p> <p>California Blend Mixed Vegetables <b>G (1/2 cup)</b></p> <p>Chilled Mandarin Orange Salad (1 cup)</p> <p>Fresh Plum (1 each)</p> <p>Chilled Pineapple Chunks in Light Syrup (1/2 cup)</p> <p><b>Salad Bar:</b></p>

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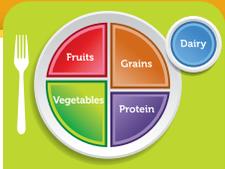
## Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Entree Choices:</b>	<b>Entree Choices:</b>	<b>Entree Choices:</b>	<b>Entree Choices:</b>	<b>Entree Choices:</b>
Savory Roast Pork (4 oz) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Roll <b>WG (1)</b>	Beefy Mac & Cheese <b>WG (3/4 cup)</b> with Whole Wheat Breadstick <b>WG (1)</b>	Meatloaf Cupcakes (2 oz) Mashed Potatoes (1/2 cup) with Cornbread (3 oz) <b>WG (2)</b>	Southwest Chicken Cobb Salad <b>G (1 cup)</b> (1 oz Chicken; 1 oz Cheese; 0.9 gm Torilla Strips) with Whole Wheat Crackers <b>WG (8 crackers)</b>	Slice of Hot Cheesy Pizza <b>WG (2)</b>
Oven Baked Chicken Bites (5) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Roll <b>WG (1)</b>	Sweet and Sour Chicken (3/4 cup) on Fried Rice (2/3 cup) with Whole Wheat Breadstick <b>WG (1)</b>	Homemade Chicken Salad (1/2 cup) on Flatbread (57 gm) <b>WG (2)</b>	Hamburger (2 oz) and Fixings on Whole Wheat Roll <b>WG X2 (1)</b> Sliced Fresh Tomatoes <b>R/O (1/4 cup)</b> and Lettuce Leaves (1/4 cup)	Baked Lemon Pepper Tilapia (2 oz) on Brown Rice <b>WG (1/2 cup)</b> with Pita Chips <b>WG (0.9 oz)</b>
<b>Vegetable/Fruit Choices:</b>	<b>Vegetable/Fruit Choices:</b>	<b>Vegetable/Fruit Choices:</b>	<b>Vegetable/Fruit Choices:</b>	<b>Vegetable/Fruit Choices:</b>
Succulent Sweet Potatoes <b>R/O (1/2 cup)</b>	Black-eyed Peas <b>B/P (3/4 cup)</b>	Baked Au Gratin Potatoes <b>S (1/2 cup)</b>	Oven Baked Potato Sticks <b>S (1/2 cup)</b>	California Blend Mixed Vegetables <b>G (3/4 cup)</b>
Seasoned Green Beans <b>O (3/4 cup)</b>	Crazy Cherry Tomatoes <b>R/O (3/4 cup)</b> w/Dipping Sauce	Fresh Steamed Broccoli <b>G</b> & Cauliflower <b>O (3/4 cup)</b>	Seasoned Great Northern Beans <b>B/P (3/4 cup)</b>	Seasoned Green Peas <b>S (3/4 cup)</b>
Crisp Veggie Dippers <b>R/O (3/4 cup)</b>	Steamed Fresh Squash <b>O (3/4 cup)</b>	Fresh Romaine Garden Salad <b>G (1 cup)</b> with Dressing	Fresh Romaine Garden Salad <b>G (1 cup)</b> with Dressing	Fresh Romaine Garden Salad <b>G (1 cup)</b> with Dressing
Oodles of Raisins (1 cup)	Tangy Tangerine (1 each)	Red Delicious Apple (1 each)	Fresh Bunch O' Grapes (1 cup)	Fresh Melon Chunks (1 cup)
Fresh Banana (1 each)	Chilled Cinnamon Pears (1 cup)	Chilled Peach Slices (1 cup)	Chilled Pineapple Chunks in Light Syrup (1 cup)	Chilled Apricot Slices in Light Syrup (1 cup)
<b>Salad Bar:</b>	<b>Salad Bar:</b>	<b>Salad Bar:</b>	<b>Salad Bar:</b>	<b>Salad Bar:</b>

Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers

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# Sample Lunch Menus



## Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>Entree Choices:</b></p> <p>Oven Baked Lasagna <b>WG (3/4 cup noodles; 2 oz beef)</b> with Whole Wheat Breadstick <b>WG (1)</b></p> <p>Herb Baked Chicken (2 oz) on Brown Rice <b>WG (1/2 cup)</b> with Whole Wheat Breadstick <b>WG (1)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Steamed Fresh Carrots <b>R/O (3/4 cup)</b></p> <p>Crisp Veggie Dippers <b>O (1 cup)</b></p> <p>Fresh Romaine Garden Salad <b>G (1 cup)</b> with Dressing</p> <p>Fresh Banana (1 each)</p> <p>Mixed Fruit in Light Syrup (3/4 cup)</p> <p><b>Salad Bar:</b></p> <p>Cup O' Pudding (1/2 cup)</p>	<p><b>Entree Choices:</b></p> <p>Oven Baked Chicken Tenders (2 oz) with Garlic Toast <b>WG (1)</b></p> <p>Savory Fish Filet (2 oz) on Bun (2 oz) <b>WG (2)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Smashed Potatoes <b>S (3/4 cup)</b></p> <p>Seasoned Baked Beans <b>B/P (2/3 cup)</b></p> <p>X-Ray Vision Baby Carrots <b>R/O (3/4 cup)</b></p> <p>Fresh Fruit Boats (1/2 cup)</p> <p>Traveling Trail Mix (3/4 cup)</p> <p><b>Salad Bar:</b></p>	<p><b>Entree Choices:</b></p> <p>Oodles of Spaghetti with Meat Sauce <b>WG (1 cup)</b> with Garlic Toast <b>WG (1 oz)</b></p> <p>Homemade Tuna Salad (1/2 cup) on Flatbread (57 gm) <b>WG (2)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Seasoned Green Beans <b>O (3/4 cup)</b></p> <p>Creamy Broccoli and Raisin Salad <b>G (1 cup)</b></p> <p>Chunks of Fresh Melon (1 cup)</p> <p>Sliced Peaches in Light Syrup (3/4 cup)</p> <p><b>Salad Bar:</b></p> <p>Fruited Gelatin (1/2 cup)</p>	<p><b>Entree Choices:</b></p> <p>Savory Lemon Pepper Chicken (2 oz) on Spanish Rice (1/2 cup) with Whole Wheat Breadstick <b>WG (1)</b></p> <p>Veggie Quesadilla (6-inch) <b>WG (1)</b> with Spanish Rice (1/2 cup)</p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Oven Baked Sweet Potato Fries <b>R/O (3/4 cup)</b></p> <p>Fresh Spinach Salad <b>G (1 cup)</b></p> <p>Chilled Three Bean Salad <b>B/P (1/2 cup)</b></p> <p>Hot Cinnamon Apples (1 cup)</p> <p>Tangy Tangerine (1 each)</p> <p><b>Salad Bar:</b></p>	<p><b>Entree Choices:</b></p> <p>Slice of Hot Cheesy or Pepperoni Pizza <b>WG (2)</b></p> <p>Tasty Taco Salad (2 oz Beef) with Pita Chips <b>WG (0.9 oz)</b> Fresh Tomatoes <b>R/O (1/4 cup)</b> and Shredded Lettuce <b>G (1 cup)</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p>Seasoned Black Beans <b>B/P (3/4 cup)</b></p> <p>California Blend Mixed Vegetables <b>G (3/4 cup)</b></p> <p>Chilled Mandarin Orange Salad (1 cup)</p> <p>Fresh Plum (1 each)</p> <p>Chilled Pineapple Chunks in Light Syrup (1 cup)</p> <p><b>Salad Bar:</b></p>
<p>Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers</p>				

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

**WG = Whole Grain**   **G = Green Vegetable**   **R/O = Red/Orange Vegetable**   **S = Starchy Vegetable**   **B/P = Beans/Peas**   **O = Other Vegetable**



# Fall

2012



## News

Welcome back to school!

It's going to be a great year!

Enjoy your lunch!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Cheese Pizza Green Beans Apple Choice of Milk	Jumpin' Jack Turkey Wrap Veg-Head Beans Mixed Green Salad Lite Ranch Dressing Mandarin Oranges Choice of Milk	Sweet 'n Easy Sloppy Joe Green Peppers Diced Peaches Choice of Milk	Waffles Syrup Sausage Links Shredded Hashbrowns Banana Choice of Milk	Terrific Turkey Tacos Baby Carrots Red Grapes Choice of Milk
Hot Ham & Cheese Sandwich Baked Beans Carrot Raisin Salad Banana Choice of Milk	Chicken Alfredo w/ a Twist Green Beans Diced Pears Choice of Milk	Tasty Turkey Burger on Bun Spicy Wedge Fries Broccoli Salad Apple Slices Choice of Milk	Teriyaki Dippers Brown Rice Whole Grain Breadstick Sugar Snap Peas Pineapple & Oranges Choice of Milk	Double Stuffed Pizza Baby Carrots Lite Ranch Dressing Watermelon Choice of Milk
Hamburger on Bun Mini Sweet Po-tater Puffs Broccoli Apple Slices Choice of Milk	Fajita Chicken Strip Ultragrain Flour Tortilla Romaine Lettuce Salsa Baby Carrots Kiwi Fruit Choice of Milk	BBQ Sandwich Corn Banana Choice of Milk	Grilled Cheese Sandwich Three Bean Salad Fresh Orange Choice of Milk	Chicken Chunks Beans 'n Rice Mixed Green Salad Lite Ranch Dressing Strawberries Choice of Milk
Classic Chili Cheddar Goldfish Crackers Green Peppers Diced Peaches Choice of Milk	Pork Rib-B-Q WW Hamburger Bun Broccoli Lite Ranch Dressing Mashed Potatoes Mandarin Oranges Choice of Milk	Beef, Chicken, & Bean Burrito Green Beans Apple Choice of Milk	Chicken Patty on WW Bun Baked Beans California Blend Vegetables Banana Choice of Milk	Whole Grain Pepperoni Pizza Baby Carrots Lite Ranch Dressing Diced Pears Choice of Milk
Grilled Chicken Patty Brown Rice Baby Lima Beans Red Grapes Choice of Milk	Deluxe Nachos Diced Peaches Choice of Milk	Chicken Chunks Dippin' Honey Black-eyed Peas Mixed Green Salad Apple Slices Choice of Milk	Cuban Sandwich Baby Carrots Banana Choice of Milk	Pepperoni Calzone-y Celery Sticks Pineapple Choice of Milk

# MOR SAMPLE Cycle Lunch Menus

Grade Level 6-8      Grade Level K-5

Updated 8/4/12

<b>Grade Level 6-8</b>	<b>Grade Level 6-8</b>	<b>Grade Level 6-8</b>	<b>Grade Level 6-8</b>	<b>Grade Level 6-8</b>
Chicken Nuggets      Baked Beans Baked Oven Fries Peach Cup Milk or: Philly Steak Sub Sandwich w/ Peppers & Onions	Taco on Soft Shell Shredded Lettuce & Cheese Seasoned Corn Side of Salsa Applesauce Cup / Milk or: Hamburger on Bun w/ Sweet Potato Fries	Pasta w/ Meatsauce or Marinara & Cheese Crunchy Breadsticks Steamed Broccoli      Peach Cup / Milk or: Grilled Chicken Patty on Bun with Oven Fries	Stuffed Crust Cheese or Pepperoni Pizza Side Salad and Veggie Bar Dried Fruit Trail Mix      Milk or: Popcorn Chicken Salad w/ Whole Grain Grahams	Chicken Bacon Ranch Wrap Sandwich      w/ Lettuce & Tomato      Smile Face Potatoes      Fresh Baby Carrots      Fruit Choice      Milk or: Bosco Sticks w/ Marinara
<b>Mon 3rd Choice</b>	<b>Tues 3rd Choice</b>	<b>Wed 3rd Choice</b>	<b>Thurs 3rd Choice</b>	<b>Fri 3rd Choice</b>
<i>Vegetarian Option:</i> Schwan's Toasted Cheese Sandwich	<i>Vegetarian Option:</i> Yogurt,String Cheese,Hummus, Pita, Carrot & Celery Sticks	<i>Vegetarian Option:</i> Garden Burger on Whole Grain Bun	<i>Vegetarian Option:</i> Yogurt Parfait with Fruit and Granola	<i>Vegetarian Option:</i> Veggie Wrap Sandwich w/ Cheese, Romaine,Tomatoes, Cucumbers and Peppers

<b>Grade Level K-5</b>	<b>Grade Level K-5</b>	<b>Grade Level K-5</b>	<b>Grade Level K-5</b>	<b>Grade Level K-5</b>
Mini Turkey Corn Dogs Smile Face Potatoes Vegetable Bar w/ Ranch Dip Pineapple Tidbits Milk	Chicken Tenders w/ Choice of Dipping Sauces Oven Sweet Potatoes Baked Beans Chilled Pears Milk	Macaroni & Cheese Wrapped Muffin Garden Peas Fresh Vegetable Bar Fresh Orange Wedges Milk	Big Daddy's Cheese or Pepperoni Pizza Vegetable Bar      w/ Ranch Dip Fresh Apple Slices Milk	Taco Salad with Romaine Lettuce Beef and Shredded Cheese Tortillia Chips Side of Salsa Seasoned Corn Fruit Choice Milk
<b>K-5</b>	<b>K-5</b>	<b>K-5</b>	<b>K-5</b>	<b>K-5</b>
<u>MONDAY 2nd CHOICE</u> Schwan's Toasted Cheese Sandwich	<u>TUESDAY 2nd CHOICE</u> Hamburger on Bun	<u>WEDNESDAY 2nd CHOICE</u> Hot Dog on Bun	<u>THURSDAY 2nd CHOICE</u> Chicken Patty on Bun	<u>FRIDAY 2nd CHOICE</u> Macaroni & Cheese