Michigan Menus Overview

What Are Michigan Menus?
Michigan Menus were developed as a tool for schools to provide nutritious meals to students that meet the Michigan Nutrition Standards for School Meals, the 2005 Dietary Guidelines for Americans, and the HealthierUS School Challenge criteria. When you prepare nutritious meals that appeal to students and introduce new foods to students, it promotes healthier eating by students.

Getting Started
You can use the lunch menu, breakfast menu, and snack examples in this section of the Playbook to help you plan and implement Michigan Menus.

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*

*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.

HealthierUS School Challenge Guidelines:**

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

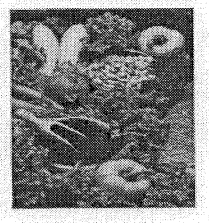
Dark geen or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week (Of the 3, at least 2 must be different. At least 1/4 cup servings are required).

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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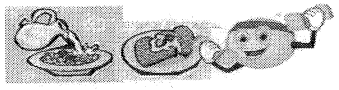
**http://teamnutrition.usda.gov/HealthierUS/index.html

Sample Michigan Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Yogurt Parfait Juice Lowfat Milk*	2 Pita Whole Wheat Triangles Apple Slices Lowfat Milk*	3 Whole Wheat Bagel Cheese Stick Juice Orange Lowfat Milk*	4 Whole Grain Breakfast Round Petite Banana Lowfat Milk*	5 Apple Bosco Stick Cheese Stick Orange Quarters Lowfat Milk*
8 Hard-Boiled Egg Whole Grain English Muffin Fresh Pear Lowfat Milk*	9 Peanut Butter & Banana Tortilla Wrap Lowfat Milk*	10 Oatmeal Raisin Breakfast Bar Yogurt Fresh Apples Lowfat Milk*	11 Blueberry Muffin Trail Mix Raisins Lowfat Milk*	12 Soft Pretzel Cheese Stick Cucumber Slices Lowfat Milk*
15 Scrambled Eggs Whole Wheat Toast Fresh Strawberries Lowfat Milk*	16 Whole Grain French Toast Cinnamon Apple Slices Lowfat Milk*	17 Oatmeal w/Dried Fruit & Nuts Blueberry Muffin Orange Juice Lowfat Milk*	18 Ham & Cheese Breakfast Sandwich Petite Banana Lowfat Milk*	19 Breakfast Burrito w/Salsa Fresh Orange Lowfat Milk*
22 Mini Maple Pancakes Fresh Pear Lowfat Milk*	23 Egg & Cheese Breakfast Sandwich Petite Banana Lowfat Milk*	24 Waffle Stix Fresh Apple Lowfat Milk*	25 Sausage Breakfast Pizza Grape Juice Lowfat Milk*	26 Cheese Omelet w/Vegetables Apple/Orange Slices Lowfat Milk*

*Skim milk and 1% chocolate milk offered everyday.
This menu meets the Traditional Meal Pattern (Grades K-12).
This menu is a DRAFT. Please email comments and/or suggestions to MDE-Schoolnutrition@michigan.gov.

Breakfast Facts:
Research shows that students who eat breakfast:

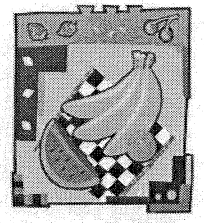
Score better on standardized tests

Improve academic achievement

Have fewer health issues.

Behave better in class

May decrease the prevalence of overweight in children



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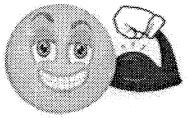
Sample Michigan Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham and Cheese On Crackers	2 Whole Wheat Bagel With Peanut Butter Lowfat Milk*	3 Lowfat Yogurt Graham Crackers Grape Juice	4 Carrot Sticks Celery Sticks Broccoli, Raw, Fresh Cauliflower, Raw. Fresh Cheese Stick Apple Juice	5 Fresh Fruit Cup Corn Muffin Lowfat Milk*
8 Pretzel Rod Grape Juice	9 Cottage Cheese Wheat Crackers Apple Juice	10 Pineapple Chunks Banana Nut Muffin Lowfat Milk*	11 Cheese Stick Animal Crackers Grape Juice	12 Banana Lowfat Milk*

*Skim milk and 1% chocolate milk offered.
This menu meets the afterschool snack requirements for ages 6-18.
This menu is a DRAFT. Please email comments and/or suggestions to MDE-Schoolnutrition@michigan.gov.

Snack Facts:

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially disabling diseases.

Most of the snacks served to children should be fruits and vegetables.

Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains.

Dairy foods are a great source of calcium, which can help to build strong bones. Make sure they are low in fat.

Children who drink sweetened drinks consume more calories and are more likely to be overweight.

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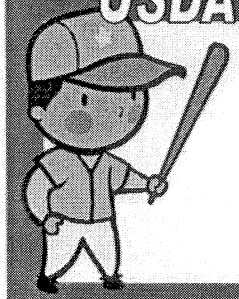
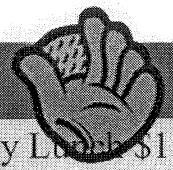
USDA HealthierUS School Challenge Gold Award Winning Menu Example



May 2008

R.R.Oehrli Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 P,B & J sandwich, Fruit, Milk **Hotdog w/ French Fries, Fruit Snacks**	2 Yogurt, Muffin, Fruit, Milk **French Bread Pizza, Popcorn Sale**
5 String Cheese Baseball Donut, Fruit, Milk **Corndog Nuggets, Mashed Potatoes**	6 Pancake on a Stick, Fruit, Milk **Chicken Drummie, Dinner Roll**	7 Cereal Bar, Yogurt, Fruit, Milk **Cheese Stuffed Breadstick, tomato sauce**	8 Egg and Cheese Pocket, Fruit, Milk **Munchable-Turkey, cheese, cracker, treat**	9 Yogurt, Muffin, Fruit, Milk **Stuffed Crust Pizza,**
12 String Cheese Baseball Donut, Fruit, Milk **Chicken Patty on a Bun**	13 Sausage Biscuit, Fruit, Milk **Turkey Deli Sandwich on a WW Bun or Salad Bar**	14 Goldfish Graham, String Cheese, Fruit, Milk **Little Caesar's Pizza**	15 Mini Cinnamon Waffles, Fruit, Milk **P,B & J Sandwich or LF Yogurt w/ String Cheese**	16 Yogurt, Muffin, Fruit, Milk **Cook-out, Cheese Burger, Hot dog**
19 String Cheese Baseball Donut, Fruit, Milk **French Toast Sticks, Sausage, Applesauce**	20 Pancake on a Stick, Fruit, Milk **Chicken Nuggets, Dinner Roll**	21 Pop-tart, Fruit, Milk **Fiestada Pizza**	22 Hot pocket, Fruit, Milk **Beef Ravioli, Breadstick**	23 Yogurt, Muffin, Fruit, Milk **Zesty Pizza**
26 **No School Memorial Day**	27 Sausage Biscuit, Fruit, Milk **Nacho Supreme**	28 Yogurt, String Cheese, Fruit, Milk **Corndog Nuggets, Mashed Potatoes**	29 Mini-Cinnamon Waffles, Fruit, Milk **Chicken Fryz, Dinner Roll**	30 Yogurt, Muffin, Fruit, Milk **French Bread Pizza**



Daily Lunch $1.50
Daily Breakfast $1.25
Alternative: Fresh Deli Sandwich, Yogurt,
Salad Bar includes: Iceberg & romaine lettuce, fresh spinach, Broccoli, carrots, cauliflower, cucumbers, Black Beans or Garbonzo Beans, Tomato, potato salad, pasta salad
All meals include: Salad Bar, **Fruit (choices include: fresh apples, pears, bananas, variety of canned fruits,)** or Juice, **Whole Grain Brown Rice** and a Choice of **Lowfat Chocolate, White** or Whole White Milk

THE CHILD NUTRITION PROGRAMS ARE OPEN TO ALL ELIGIBLE CHILDREN AND ADULTS REGARDLESS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE OR DISABILITY. ANY PERSON WHO BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST IN ANY USDA ACTIVITY SHOULD WRITE IMMEDIATELY TO THE SECRETARY OF AGRICULTURE, WASHINGTON, D.C. 20250

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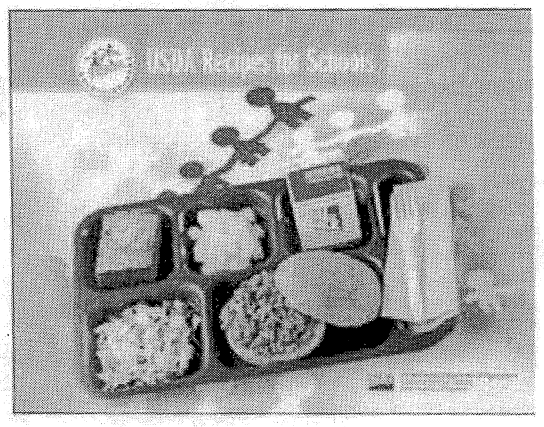

The updated recipes from the 1988 *Quantity Recipes for School Food Service* and the 1995 *Tool Kit for Healthy School Meals* are now available. These recipes have been edited and reflect the changes made in the newest edition of the *Food Buying Guide for Child Nutrition Programs*.

Printed: April 2006

Distributed: to state agencies and school districts for distribution to their schools

Available: **upon request from Team Nutrition.** Also available in PDF.

Index by Recipe Name

Index by Recipe Number

Recipes Booklet

- Introduction [PDF]
- Reimbursable Meal Requirements and Quality [PDF]
- Working With the Recipes [PDF]
- Recipe Adjustment [PDF]
- Nutrient Analysis and Tips [PDF]
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http://teamnutrition.usda.gov/Resources/usda_recipes.html