



# ANYTHING BUT BORING MENU IDEAS

This menu was developed using menu items popular in school districts participating in the *Schools Implementing Nutrition Standards* project.

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| Rigatoni with Meatballs and WG Roll<br>Squash<br>Grapes                                       | WG Chicken Patty on WG Bun<br>Broccoli Slaw<br>Apple Juice<br>Banana<br>Animal Crackers  | Fiesta Pasta with WG Roll<br>Mixed Vegetables<br>Chilled Mixed Fruit                       | Fish Nuggets with WG Roll<br>Carrot Coins<br>Fresh Local Grown Apple  | RF Chili with WG Pretzel<br>Romaine/Spinach Salad<br>Chilled Pears                                       |
| Turkey Burger on WG Bun<br>Baked Beans<br>Grapes  | Grilled Chicken Patty on WG bun<br>Fruit Pico de Gallo<br>Tortilla Pieces<br>Fresh Apple Slices  | Tuna Salad on Pita<br>Broccoli Slaw<br>Watermelon Wedges                                   | Oriental Chicken Vegetable Stir Fry: Sauteed Chicken with Oriental Vegetables, Brown Rice<br>Manadrin Oranges           | BBQ Pork on WG bun<br>Green and Gold Salad<br>Banana   |
| Sweet and Sour Chicken<br>Flatbread with Hummus<br>Sweet Potato Coins<br>Chilled Peaches      | WG Cheese Pizza<br>Broccoli/Cauliflower with RF Dip<br>Fresh Apple<br>Goldfish Grahams   | WG Breaded Chicken Nuggets w/ Whole Wheat Dinner Roll<br>Three Bean Salad<br>Grapes        | Baked Spaghetti<br>Tossed Romaine Salad w/ Vinegar & Oil Dressing<br>Banana   | Macaroni and Cheese<br>Green Bean and Tomato Salad<br>Dinner Roll<br>Fresh Pear                          |
| Cheese Stuffed Ravioli<br>Garlic Bread<br>Roasted Mixed Vegetables<br>Local Grown Fresh Apple | Taco Brown Rice Bowl: Turkey Taco Meat, Brown Rice, WG Tortilla Rounds, Corn & Black Bean Salsa, Romaine Ribbons<br>Fresh Pineapple Spears | Lasagna Roll Up with WG Roll<br>Cherry Tomatoes and Cucumber-Dill Salad<br>Chilled Peaches | "Create Your Own" Michigan Chef Salad (Cheese, Meat, Vegetables)<br>WG Breadstick<br>Chilled Pears<br>100% Orange Juice | Arroz Con Queso<br>Carrot Sticks<br>Fresh Grapes   |
| RF Beef Walking Taco with Baked Tostitos<br>Refried Beans<br>Fresh Grapes                     | Baked Potato<br>Ham, Broccoli, Light Sour Cream & Toppings<br>Fresh Banana   | Chicken quesadilla<br>California Blend<br>Chilled peaches                                  | Cinnamon French Toast<br>String Cheese<br>Sweet Potato/Apple Casserole<br>Strawberries                                  | Pasta Salad with Florentine Chicken<br>Carrot raisin slaw<br>Chilled Diced Mixed Fruit<br>Pretzel Twists |

Dark Green Vegetables

Dark Yellow/Orange Vegetables

Whole Grain (WG)

Legume



**NOTES:**

Lined writing area with a large, faint watermark of an apple in the upper right and a large, faint watermark of a globe in the lower left.