

School Lunch Menu Planner - Week #1

<u>Meal Pattern</u>	<u>Portion Size</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Fruit (1 Serving/day)	K-5 = 1/2 cup; 6-8 = 1/2 cup 9-12 = 1 cup	Peaches (1/2 cup) Orange Tangerine Juice (4 oz)	Pineapple (1/2 cup) Mandarin Oranges (1/2 cup)	Polar Berries (Fz Grapes) (14 each) Apple Juice (4 oz)	Apple Wedges (1/2 cup) Juice - Fruit Punch (4 oz)	Tropical Fruit (1/2 cup) Raisins (1/4 cup)
Vegetables (1 serving/day)	K-5 = 3/4 cup 6-8 = 3/4 cup 9-12 = 1 cup					
<i>Vegetables Dark Green</i>	<i>All Grades = 1/2 cup per week</i>	Broccoli (1/2 cup) with Cheese Sauce (1/8 cup)				
<i>Vegetables Red/Orange</i>	<i>K-5 = 3/4 cup 6-8 = 3/4 cup 9-12 = 1 1/4 cup)</i>	Sweet Potato Fries (1/2 cup)		Carrots (1/2 cup)		Spaghetti Sauce (1/2 cup)
<i>Vegetables Beans/Peas (Legumes)</i>	<i>All Grades = 1/2 cup per week</i>		Refried Beans (1/2 cup)			
<i>Vegetables Starchy</i>	<i>All Grades = 1/2 cup per week</i>			Boiled Potatoes (1/2 cup)		
<i>Vegetables Other</i>	<i>K-5 = 1/2 cup 6-8 = 1/2 cup 9-12 = 3/4 cup</i>		Green Pepper Strips (1/4 cup)			Green Beans (1/2 cup)
<i>Vegetables Additional to Meet Total Requirement</i>	<i>K-5 = 1 cup 6-8 = 1 cup 9-12 = 1 1/2 cup</i>		Lettuce/Romaine Mix (1 cup = 1/2 cup vegetable) Ranch Drsg (1 oz)		Corn (in casserole) 1/2 cup; Winter Blend = 1/2 cup	
Grains K-8 = 1 oz min./day 9-12 = 2 oz min./day	K-5=8-9 oz/week 6-8 = 8-10 oz/week 9-12 = 10-12 oz/week	Whole Grain Dinner Roll (2 oz)	Whole Grain Tortilla 10"	Whole Grain Bun; Apple Delight Cookie	Whole Grain Bread (1 oz) WGR Cookie (1 each)	Whole Grain Spaghetti (1/2 cup) WGR Bread Stick (1 oz)
Meat/Meat Alternates K-8 = 1 oz min./day 9-12 = 2 oz min./day	K-5 = 8-10 oz/week 6-8 = 9-10 oz/week 9-12 = 10-12 oz/week	Meatloaf (3 oz = 2 oz Meat/Meat Alternate)	Chicken Fajita Strips Grill FC (2 oz)	Ready Rib (1 each = 2 oz Meat/Meat Alternate)	Cheesy Turkey & Corn Shepherd's Pie (8 oz = 2 oz meat)	Meatballs (3 oz = 2.25 oz Meat/Meat Alternate)
Fluid Milk (1 cup)	All Grades = 5 cups/week	1% White Milk; Skim White Milk; or Skim Flavored Milk	1% White Milk; Skim White Milk; or Skim Flavored Milk	1% White Milk; Skim White Milk; or Skim Flavored Milk	1% White Milk; Skim White Milk; or Skim Flavored Milk	1% White Milk; Skim White Milk; or Skim Flavored Milk

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Fruit:

46418 Peaches Diced Juice 6/#10
45720 Pineapple Chunks in Juice 6/#10
180184 Red Grapes Seedless 1 lub
180097 Apples Red Delicious 113/117 ct 1 cs
46159 Tropical Fruit Salad Pouch 6/81 oz
50040 Raisins Seedless 12/2 lb
46161 Mandarin Oranges Whole/Jce 6/#10

Juice

44769 Orange Tangerine Juice 100% 40/4.23 oz
44767 Juice Apple 100% 40/4.23 oz
44768 Juice Fruit Punch 100% 40/4.23 oz

Vegetables

57178 Broccoli IQF Cuts 20 lb
57577 Sweet Potato Fries 1/4 X 1/2 6/2.5 lb
43368 Refried Beans Vegetarian 6/29.77 oz
180253 Lettuce Salad Mix w/Romaine + Color 4/5 lb
57690 Carrots IQF Sliced CC 1/20 lb
180299 Potatoes Red 50 lbs
57680 Beans IQF Green Cut Regular 1/20 lb
180258 Peppers Fresh Green Bell 1/25 lb
41736 Sauce Pasta Spaghetti Vine Ripe Red Gold 6/#10
57590 Veg Winter Mix IQF 12/2 lb
57710 Corn IQF Bulk Classic 20 lbs
49875 Potato Pearls Excel Basic 12/28.25 oz

Grains/Breads

53574 Roll Dough WGR 180/2 oz
55087 Flour Tortilla 10" Hmstyle WG 16/12 ct
55804 Bun Hot Dog 5.5" Sliced WGR 144/1.5 oz
41249 Pasta Spaghetti 10" Whole Wheat 2/10 lb
55784 Bread Whole Wheat 100% Pullman 10/24 oz
55079 Bread Stick H&S Whole Grain 144/1 oz
59772 Cookie Dough Choc Chip 51% WGR 240/1.5 oz
42626 Cookie Apple Delights 1.41 oz l/W WGR 96 ct

Entrée's

54631 Beef PC Meatloaf Sliced CN w/Ketchup 100/3 oz
55658 Chicken Fajita Strip Grill FC 2/5 lb
52950 Pork Fz Ribs Ready Raw CN 72/3 oz
54731 Beef PC Meatball BF/Pork CN 2/5 lb
53214 Ground Turkey 2/10 lb

Milk

(Aberdeen)
107690 Milk 1% 50 Half Pint
107630 Milk Skim 50 Half Pint
107575 Milk Skim Choc 50 Half Pint

(Kearney)
66468 Milk Skim Choc 50 half pint
66157 Milk Skim 50 half pint
66467 Milk 1% 50 half pint

Extras

41878 Sauce Cheese Chedd TFF 6/#10
60371 Butter Blend Ind ZTF 720/5 gm
63037 Dressing Ranch Classic Gourmet
4/1 gallon

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