

School Lunch Menu Planner - Week #1

<u>Meal Pattern</u>	<u>Portion Size</u>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Fruit (1 Serving/day)</b>	K-5 = 1/2 cup; 6-8 = 1/2 cup 9-12 = 1 cup	Peaches (1/2 cup)	Pineapple (1/2 cup)	Polar Berries (Fz Grapes) (14 each)	Juice - Fruit Punch (4 oz)	Raisins (1/4 cup)
<b>Vegetables (1 serving/day)</b>	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 (1/4 cup)		Carrots (1/4 cup)		Spaghetti Sauce (1/4 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 (1/4 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>				Corn (in casserole) 1/2 cup; Winter Blend 1/4 cup	Green Beans (1/4 cup)
<b>Grains K-8 = 1 oz min./day 9-12 = 2 oz min./day</b>	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	Whole Grain Bun ( 1 each)	Whole Grain Bread (1 oz)	Whole Grain Spaghetti (1/2 cup) WGR Bread Stick (1 oz)
<b>Meat/Meat Alternates K-8 = 1 oz min./day 9-12 = 2 oz min./day</b>	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 (2 oz = 1.5 oz Meat/Meat Alternate)
<b>Fluid Milk (1 cup)</b>	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  
50040 Raisins Seedless 12/2 lb

### Juice

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  
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  
57710 Corn IQF Bulk Classic 20 lbs  
49875 Potato Pearls Excel Basic 12/28.25 oz  
57590 Veg Blend Winter Mix 12/2 lb

### Grains/Breads

53574 Roll Dough WGR 180/2 oz  
55085 Flour Tortilla 6" Hmstyle WG 24/12 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

### 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  
4/1 gallon