

School Lunch Menu Planner - Week #2

<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	Pineapple (1/2 cup)	Fruit Cocktail (1/2 cup)	Oranges (1/2 cup)	Applesauce (1/2 cup)	Banana (1/2 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>		Spinach w/Romaine (1 cup = 1/2 cup vegetable) Ranch (1 Tbsp)	Broccoli (1/4 cup)		
<i>Vegetables Red/Orange</i>	<i>K-5 = 3/4 cup 6-8 = 3/4 cup 9-12 = 1 1/4 cup)</i>	Apple Glazed Sweet Potato (2 wedges = 1/4 cup)			Spaghetti Sauce (1/4 cup)	Diced Tomato (1/4 cup)
<i>Vegetables Beans/Peas (Legumes)</i>	<i>All Grades = 1/2 cup per week</i>				Bean & Barley Soup (1 cup = 1/2 cup vegetable)	
<i>Vegetables Starchy</i>	<i>All Grades = 1/2 cup per week</i>			Potato Wedges (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 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>		Entrée (5/8 cup Vegetables)			Shredded Lettuce (1 cup = 1/2 cup vegetable) Ranch Drsg (2 Tbsp); Cucumber Slices (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	Bread (1 slice) WGR Cookie (1 = 1 G/B)	Entrée	Chicken Chunk (5 each); WG Bread (1 slice)	Stromboli (1 serving( Crackers (2 pkg)	Loco Bread (1 each)
<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	Grilled Chicken (2 oz = 1.5 oz Meat)	Beefy Italian Dunkers (1/2 cup = 2 oz Meat)	Chic Chunk (5 each = 2 oz Meat)	Stromboli (1 serving = 2 oz Meat)	Deli Turkey (2 oz); Mayo (1 pouch)
<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:

180002 Bananas 40 lbs  
45720 Pineapple Chunks in Juice 6/#10  
46414 Fruit Cocktail Juice 6/#10  
180015 Oranges Fresh 113 ct  
46417 Applesauce Juice 6/#10

### Juice

44892 Juice Apple RTU 100% Box 12/46 oz

### Vegetables

180294 Yams Fresh #1 40 lbs  
180367 Spinach Fresh Cello 4/2.5 lbs  
180777 Lettuce Romaine Chopped 6/2 lb  
180353 Tomatoes Fresh 1 layer 10 lbs  
50729 Potato Wdg 10 cut Nat Crsp Oven 6/5 lb  
57680 Beans IQF Green Cut Regular 1/20 lb  
180255 Cucumbers Super Select 24 ct 1 case  
180225 Celery Pascal Sleeve 1/30-36 ct  
180412 Lettuce Shred 1/8" ProMark 4/5 lb  
180285 Onion Yellow Med 50 lbs  
180212 Carrots Fresh 25 lbs  
43220 Great Northern Beans 6/#10  
41736 Spaghetti Sauce Vine Ripe Lo Sod 6/#10  
57178 Broccoli IQF Cuts Classic 20 lb

### Grains/Breads

42635 Cracker Ind Saltine 500/2 ct  
50030 Barley Pearled 20 lbs  
56887 Bread Loco Ultra Whl Grn 144/1.8 oz  
55784 Bread Whole Wheat 100% Pullman 10/24 oz  
59772 Cookie Dough Choc Chip 51% WGR 240/1.5 oz  
58107 Bread French 18 3/4" Sliced 8 ct

### Entrée's

52007 Chic Brst Flt CN Orig Unbr FC 52/3 oz  
52206 Chic Chunk Brd Brst FC CN 250/0.64 oz  
64170 Ground Beef 80/20 LFTB Free 6/10 lb  
61014 Turkey Sliced PC 0.5 oz 6/2 lb  
60810 Cheese Mozz Shred 4/5 lb  
52521 Turkey Ham Cured 2/7-9# Ave

### 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

### Other Ingredients

60371 Butter Blend Ind ZTF 720/5 gm  
63037 Dressing Ranch Classic 4/1 gal  
39321 Spice Nutmeg 18 oz  
39141 Spice Cinnamon 16 oz  
47410 Salt Iodized 24/26 oz  
66336 Butter Solids 36/1 lb  
48786 Soy Oil 6/1 gallon  
180380 Garlic Chopped 6/32 oz  
41967 Veg Base No MSG 6/16 oz  
41605 Soy Sauce Lo Sodium 9/40 oz  
41615 Sauce Hot Pepper 4/1 gallon  
39076 Spice Basil 6 oz  
39561 Spice Thyme 12 oz  
41190 Yeast Active Dry 12/2 lb  
40812 Flour White Whl Wheat 50 lb  
57190 Sugar Granulated 50 lbs  
39371 Spice Oregano Leaf 6 oz  
39723 Spice Marjoram 8 oz  
39451 Spice White Pepper 18 oz  
43980 Tomatoes Conc Crushed 6/#10  
43764 Tomato Paste 6/#10  
50320 Onion Chopped Dehy 6/3 lbs  
41820 Base Beef Lo Sodium 6/16 oz  
39231 Spice Garlic Powder 18 oz  
47250 Sugar Brown 12/2 lb  
39101 Spice Chili Powder Lt 18 oz  
39401 Spice Parsley Flakes 8 oz  
41508 Mayo Ind Pouch 500/12 gm