

School Lunch Menu Planner - Week #3

<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	Mixed IQF Fruit (1/2 cup) Raisins (1/4 cup)	Juice - Cran Raspberry (4 oz) Mango IQF (1/2 cup)	Pears (1/2 cup) Juice - Apple (4 oz)	Oranges - 1/2 cup; Tropical Fruit Salad (1/2 cup)	Mixed Berries (1/2 cup) Juice - White Grape (4 oz)
Vegetables (1 serving/day)	K-5 = 3/4 cup 6-8 = 3/4 cup 9-12 = 1 cup					
<i>Vegetables</i> <i>Dark Green</i>	<i>All Grades</i> <i>= 1/2 cup per week</i>	Fresh Spinach Salad (1 cup = 1/2 cup vegetable) w/Ranch (1 Tbsp)				
<i>Vegetables</i> <i>Red/Orange</i>	<i>K-5 = 3/4 cup</i> <i>6-8 = 3/4 cup</i> <i>9-12 = 1 1/4 cup)</i>		Baby Carrots 1/2 cup	Winter Squash (1/2 cup)	Grape Tomatoes (1/2 cup)	
<i>Vegetables</i> <i>Beans/Peas (Legumes)</i>	<i>All Grades</i> <i>= 1/2 cup per week</i>	Garbanzo Beans (1/4 cup)				Marinated Black Beans (3/4 cup = 1/4 cup Legumes)
<i>Vegetables</i> <i>Starchy</i>	<i>All Grades</i> <i>= 1/2 cup per week</i>			Mashed Potatoes (1/2 cup); Gravy 2 oz (extra)		
<i>Vegetables</i> <i>Other</i>	<i>K-5 = 1/2 cup</i> <i>6-8 = 1/2 cup</i> <i>9-12 = 3/4 cup</i>	Oriental Blend IQF (1/2 cup)				Marinated Black Beans (3/4 cup = 1/2 cup other vegetables)
<i>Vegetables</i> <i>Additional to Meet Total Requirement</i>	<i>K-5 = 1 cup</i> <i>6-8 = 1 cup</i> <i>9-12 = 1 1/2 cup</i>		Pizza - 1/8 cup Cauliflower Florettes (1/2 cup) w/Ranch (1 Tbsp)		Creamy Coleslaw (1/2 cup)	Beef Dipper (1/2 cup Vegies)
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	Brown Rice (1/2 cup) Whole Grain Bread (1 oz)	Pizza	Whole Grain Biscuit (2 oz)	Whole Grain Hot Dog Bun (1 each) Graham Gripz	Beef Dipper Dinner Roll WGR
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	Teriyaki Chicken (3 oz = 2.25 oz Meat/Meat Alternate)	Pepperoni Pizza (1 slice = 2 oz Meat/Meat Alternate)	Turkey Roll (2 oz)	Hot Dog (2.6 oz Meat/Meat Alternate)	Tex Mex Chili Beef Dipper (2 2/3 oz = 2 oz meat)**
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

52210 Mixed Fruit IQF 4/5 lb
50040 Raisins Seedless 12/2 lb
46420 Pears Sliced Juice 6/#10
180015 Oranges Fresh 113 ct
53212 Mango Chunks IQF 2/5 lb
52928 Berries Supreme IQF 2/5 lb
46418 Peach Diced Juice 6/#10
180001 Strawberries Fresh 8/16 oz
180133 Kiwi Fruit 36-39 ct

Juice

44783 Juice Cran Raspberry 100% 40/4.23 oz
44767 Juice Apple 100% 40/4.23 oz
44782 Juice White Grape 100% 40/4.23 oz
44893 Juice Pineapple 100% RTU Box 12/46 oz

Vegetables

180367 Spinach Fresh Cello 4/2.5 lb
57600 Oriental Blend IQF 12/2 lb
43404 Garbanzo Beans Low Sodium 6/#10
180750 Cauliflower Florettes Fresh 2/3 lb
57670 Winter Squash Butternut Ckd 12/4 lb
49959 Potato Mash Traditions 12/26 oz
180213 Baby Carrots Fresh 15/2 lb
43402 Black Beans Lo Sodium 6/#10
57710 Corn IQF Cut Bulk Classic 20 lb
180258 Peppers Fresh Green Bell 1/25 lb
180285 Onions Fresh Yellow Medium 50 lbs
180356 Grape Tomatoes Fresh 1 Flat
180390 Peppers Fresh Red Bell 15-20 lb
180416 Cabbage Slaw Mix 4/5 lb

Grains/Breads

50058 Brown Rice Whole Grain Parboiled 25 lbs
55784 Bread Whole Wheat 100% Pullman 10/24 oz
57489 Biscuit Dough 51% Whole Grain 216/2.1 oz
55804 Bun Hot Dog 5.5" Sliced WGR 144/1.5 oz
26243 Chips Tortilla Thick Yellow Rnd 4/2 lb
43153 Cracker Graham Cinn Gripz 150/1 oz
57537 Roll Dough Dinner Whole Grain 240/1.5 oz

Entrée's

52004 Chic Brst Flt Unbr CN Teriyaki FC 52/3 oz
57195 Pizza Pepp 4X6 W/G 50/50 Cn 96/4.48 oz
55464 Turkey PC Roll White 2/10 lb
52562 Frank 6-1 Meat 1/10 lb
64170 Ground Beef 80/20 LFTB Free 6/10 lb

Vegetables Continued....

780215 Carrots Fresh 5 lb
180412 Lettuce Shred 1/8" ProMark 4/5 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

Other Ingredients

60371 Butter Blend ZTF Ind 720/5 gm
63037 Dressing Ranch Classic 4/1 gal
45010 Lemon Juice 12/32 oz
39401 Spice Parsley Flakes 8 oz
39151 Spice Cumin 16 oz
39036 Granulated Garlic 5 lb
48786 Soy Oil 6/1 gallon
47951 Mayo Lite 4/1 gallon
47190 Sugar Granulated 50 lbs
39121 Spice Celery Seed 16 oz
39311 Spice Mustard 16 oz
47160 Vinegar White 6/1 gallon
46890 Green Chilies 12/27 oz
43940 Sauce Tomato Fancy 6/#10
41662 Taco Sauce Pace 4/1 gallon
47410 Salt Iodized 24/26 oz
39231 Spice Garlic Powder 18 oz
60375 Cheese Chedd Shred 4/5 lb
60801 Cheese Mont Jack Shred 4/5 lb
41753 Salsa Mild Cookies 4/1 gallon
42018 Gravy Mix Chic Lo Sod 8/16 oz