

School Lunch Menu Planner - Week #3

<u>Meal Pattern</u>	<u>Portion Size</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit (1 Serving/day)	K-5 = 1/2 cup; 6-8 = 1/2 cup 9-12 = 1 cup	Mixed IQF Fruit (1/2 cup)	Mango IQF (1/2 cup)	Juice - Apple (4 oz)	Tropical Fruit Salad (1/2 cup)	Mixed Berries (1/2 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>	Fresh Spinach Salad (1 cup = 1/2 cup vegetable) w/Ranch (1 Tbsp)				
<i>Vegetables Red/Orange</i>	<i>K-5 = 3/4 cup 6-8 = 3/4 cup 9-12 = 1 1/4 cup)</i>		Baby Carrots 1/2 cup	Winter Squash (1/4 cup)		
<i>Vegetables Beans/Peas (Legumes)</i>	<i>All Grades = 1/2 cup per week</i>	Garbanzo Beans (1/4 cup)			Marinated Black Beans (3/4 cup = 1/4 cup Legumes)	
<i>Vegetables Starchy</i>	<i>All Grades = 1/2 cup per week</i>			Mashed Potatoes (1/2 cup); Gravy 2 oz (extra)		
<i>Vegetables Other</i>	<i>K-5 = 1/2 cup 6-8 = 1/2 cup 9-12 = 3/4 cup</i>				Marinated Black Beans (3/4 cup = 1/2 cup other vegetables)	
<i>Vegetables Additional to Meet Total Requirement</i>	<i>K-5 = 1 cup 6-8 = 1 cup 9-12 = 1 1/2 cup</i>		Pizza - 1/8 cup Cauliflower Florettes (1/4 cup) w/Ranch (1 Tbsp)			Beef Dipper (1/2 cup Vegies); Oriental Blend (1/4 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	Brown Rice (1/4 cup) Whole Grain Bread (1 slice)	Pizza	Whole Grain Biscuit (2 oz)	Whole Grain Hot Dog Bun (1 each)	Beef Dipper Whole Grain Bread (1 slice)
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	Grilled Chicken (2.7 oz = 2 oz Meat/Meat Alternate)	Pepperoni Pizza (1 slice = 2 oz Meat/Meat Alternate)	Turkey Roll (1.5 oz)	Hot Dog (2 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
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

44767 Juice Apple 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
180390 Peppers Fresh Red Bell 15-20 lb
180412 Lettuce Shred 1/8" ProMark 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% WG 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

Entrée's

52167 Chic Patty Unbr Grilled 2.75 oz FC CN 100/2.75 oz
57195 Pizza Pepp 4X6 W/G 50/50 Cn 96/4.48 oz
55464 Turkey PC Roll White 2/10 lb
55232 Frank 8-1 Turkey 4/5 lb
64170 Ground Beef 80/20 LFTB Free 6/10 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

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
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