

School Lunch Menu Planner - Week #4

<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) Pears (1/2 cup)	Fruit Cocktail (1/2 cup) CranRaspberry Juice (4 oz)	Melon (1 cup)	Applesauce (1/2 cup) Orange Tangerine Juice (4 oz)	Grapes (14 each) Fruit Punch (4 oz)
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>				Spinach/Romaine Mix (1 cup = 1/2 cup Vegetable) Ranch Dressing (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>		Baked Squash (1/2 cup)		Grape Tomatoes (1/4 cup)	1/2 cup Baby Carrots Ranch Dressing (1 Tbsp)
<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>		Green Peas - in Entrée (1/4 cup)		Corn (1/2 cup)	
<i>Vegetables Other</i>	<i>K-5 = 1/2 cup 6-8 = 1/2 cup 9-12 = 3/4 cup</i>	California Blend (1/2 cup)		Salad Mix Romaine (1 cup = 1/2 cup Vegetables) Ranch (1 Tbsp)		
<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 (1/4 cup Vegetable); Green Pepper Strips (1/4 cup)	Cucumber Slices (1/4 cup)		Pizza (1/8 cup Vegetable)	Entrée (3/4 cup = 3/8 serving Vegetable) Italian 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	Rice (entrée) Bread (1 oz)	WG Biscuit (1 each)	Corn Dog	Pizza (1/10 pie)	Goulash (3/4 cup) WG Bread (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	Ground Beef & Spanish Rice (No. 6 scoop = 2 oz meat)	Chicken A La King (9 oz = 3 oz meat)	Corn Dog (4 oz = 2 Meat)	Pizza Big Daddy (1/10 pie= 2 oz Meat)	Goulash (3/4 cup = 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:

46418 Peaches Diced Juice 6/#10
46417 Applesauce Juice 6/#10
180184 Red Grapes Seedless 1 lub
46414 Fruit Cocktail Juice 6#10
180123 Watermelon Fresh/Seedless 1 ea
180124 Cantaloupe 9/12 ct 1 case
180126 Honey Dew Melon 5/6 ct 1 case
46420 Pear Sliced Juice 6/#10

Juice

44769 Orange Tangerine Juice 100% 40/4.23 oz
44783 Juice Cran Raspberry 100% 40/4 23 oz
44768 Juice Fruit Punch 100% 40/4.23 oz

Vegetables

180367 Spinach Cello Fresh 4/2.5 lb
180777 Lettuce Romaine Chopped 6/2 lb
43368 Refried Beans Vegetarian 6/29.77 oz
180253 Lettuce Salad Mix w/Romaine + Color 4/5 lb
57670 Squash Winter Butternut Ckd 12/4 lb
180356 Tomatoes Grape Fresh 1 flat
180255 Cucumbers Super Select 24 ct 1 case
180258 Peppers Fresh Green Bell 1/25 lb
180213 Carrots Fresh Baby 15/2 lb
57720 Peas IQF Classic Bulk 20 lbs
57710 Corn IQF Bulk Classic 20 lbs
57565 Veg Blend IQF California 20 lbs
57570 Veg Blend Italian IQF 12/2 lbs
180285 Onions Yellow Med 50 lbs

Grains/Breads

41255 Pasta Macc Elbos WGR 2/10 lb
50058 Rice Brown Parboiled WGR 25 lbs
54069 Biscuit Baked WGR 2.3 oz 96 ct
55784 Bread Whole Wheat 100% Pullman 10/24 oz

Entrée's

55077 Corn Dog Chic Lo Fat/Sod CN WGR 72/4 oz
56540 Pizza Pepp WG Big Daddy 10 SI CN 90/4.75 oz
64170 Ground Beef 80/20 LFTB Free 6/10 lb
52350 Chic Meat Pulled IQF FC 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 Ind ZTF 720/5 gm
63037 Dressing Ranch Gour 4/1 gallon
40812 Flour Whl Wheat White 50 lb
62904 Base Chic Lo Sod No MSG 6/1 lb
41430 Dry Milk 6/5 lb
69491 Poultry Seasoning 12 oz
50099 Pimento Diced 24/28 oz
41820 Base Beef Lo Sodium 6/16 oz
43970 Tomato Diced In Jce 6/#10
43764 Tomato Paste 6/#10
39101 Chili Powder 18 oz
39151 Spice Cumin 16 oz
39391 Spice Paprika 18 oz
39341 Spice Onion Powder 18 oz
47410 Salt Iodized 24/26 oz
39431 Pepper Black Café Grd 18 oz
39241 Granulated Garlic 22 oz
39281 Seasoning Italian 8 oz
60375 Cheese Chedd Shred 4/5 lb

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