

School Lunch Menu Planner - Week #4

<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 (1/4 cup) Whole Fruit Bar (2 oz = 1/4 cup Fruit)	Fruit Cocktail (1/2 cup)	Melon (1/2 cup)	Orange Tangerine Juice (4 oz)	Grapes (14 each)
<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/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)			1/2 cup Baby Carrots
<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 (1/4 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 /2cup = 1/4 cup Vegetables) Ranch (1/2 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)			Entrée (3/4 cup = 3/8 serving Vegetable)
<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	Rice (entrée) WG Bread (1 slice)	WGR Biscuit (1 each)	Burrito (1 each)	6 Mini Corn Dogs	Goulash (3/4 cup) WG Bread (1 slice)
<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	Ground Beef & Spanish Rice (No. 6 scoop = 2 oz meat)	Chicken A La King (6 oz = 2 oz meat)	Burrito (1 each = 1 oz meat)	Mini Corn Dog (6 each = 2 oz Meat)	Goulash (3/4 cup = 2 oz meat)
<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  
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

### Juice

44769 Orange Tangerine Juice 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  
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  
180285 Onions Yellow Med 50 lbs

### Grains/Breads

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

### Entrée's

56681 Burrito Bf/Bn Chili CN 72/4 oz  
55223 Corn Dog Mini Turkey Leons CN 10#  
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  
60375 Buttermatch 6/3.5 lb

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