

School Lunch Menu Planner - Week #5

| <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 | Apple Wedges (1/2 cup) | White Grape Juice (4 oz) | Cantaloupe (1/2 cup) | Pears (1/2 cup) | Kiwi (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> | | | | | Broccoli (1/2 cup) |
| <i>Vegetables Red/Orange</i> | <i>K-5 = 3/4 cup 6-8 = 3/4 cup 9-12 = 1 1/4 cup)</i> | Baked Sweet Potato (1/4 cup) | | Spaghetti Sauce (1/4 cup) | Beets (1/4 cup) | |
| <i>Vegetables Beans/Peas (Legumes)</i> | <i>All Grades = 1/2 cup per week</i> | | Baked Beans (2/3 cup) | | | |
| <i>Vegetables Starchy</i> | <i>All Grades = 1/2 cup per week</i> | | | | Tater Gems (1/2 cup) | |
| <i>Vegetables Other</i> | <i>K-5 = 1/2 cup 6-8 = 1/2 cup 9-12 = 3/4 cup</i> | | | 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> | Green Peas (1/2 cup) | Mixed Vegetables (1/4 cup) | | | Chic Entrée (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 | WGR Bread (1 slice) | Fish Nuggets (4 each) WG Bread (1 slice) | WG Spaghetti (1/2 cup) | WGR Hamburger Bun (1 each) | Brown Rice (1/2 cup); WG 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 | Beef Steak Fingers (2 ea = 1.25 meat) | Fish Nuggets (4 each = 2 oz Meat) | Chicken Fillet (3 oz = 2 oz meat) | Beef Patty (2.5 oz = 2 oz meat) | Chicken Chop Suey (6 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 |

School Lunch Menu Planner - Week #5

Fruit:

46419 Pear Diced Juice 6/#10
180124 - Cantaloupe 9/12 ct 1 case
180097 Apples Red Delicious 113/117 ct 1 cs
180133 Kiwi Fruit 36-39 ct

Juice

44782 Juice White Grape 100% 40/4.23 oz

Vegetables

57178 Broccoli IQF Cuts 20 lb
180294 Yams #1 Fresh 40 lb
43430 Beets Diced 6/#10
180253 Lettuce Salad Mix w/Romaine + Color 4/5 lb
50580 Potato Tater Gem Tots Oven 6/5 lb
57720 Peas IQF Green Bulk Classic 20 lb
57730 Veg Blend IQF Mixed Classic 20 lb
41736 Sauce Pasta Spaghetti Vine Ripe Red Gold 6/#10
180225 Celery Fresh Pascal Sleeved 30-36 ct
180285 Onion Yellow Medium 50 lb
43415 Pinto Beans Low Sodium 6/#10

Grains/Breads

50058 Rice Brown Parboiled 25 lb
51286 Biscuit Bkd Whole Grain Mini 175/1 oz
55803 Bun Hamburger 4" sliced WGR 120/2 oz
41249 Pasta Spaghetti 10" Whole Wheat 2/10 lb
55784 Bread Whole Wheat 100% Pullman 10/24 oz

Entrée's

52007 Chic Brst Flt CN PC 52/3 oz
50940 Pollock 1 oz Nugget Sea Shape WGR 10 lb
54666 Beef Finger CN 160/0.97 oz
54654 Beef PC Patty Applesauce CN 200/2.5 oz
52303 Chicken Diced Lt-Dk FC 1/10 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

Extras

60371 Butter Blend Ind ZTF 720/5 gm
63037 Dressing Ranch Classic Gourmet
4/1 gallon
62904 Chic Base Lo Sod No MSG 6/1 lb
41605 Soy Sauce Lite Lo Sod 9/40 oz
39431 Pepper Blk Café Grd 1/18 oz
39241 Granulated Garlic 22 oz
50230 Corn Starch 24/1 lb
47700 Molasses 12/24 oz
39311 Spice Mustard Ground 16 oz
47250 Sugar Brown 12/2 lb
43764 Tomato Paste 6/#10

School Lunch Menu Planner - Week #5

School Lunch Menu Planner - Week #5