



WEEK 1 – LUNCH OCTOBER, 2016 - SEPTEMBER, 2017

DAY	MENU	SERVING SIZE	COMMENTS
MON.	Turk-a-roni [Enriched whole wheat macaroni Meat sauce (1 oz ground turkey)] Grated cheese Spinach salad Fruit - strawberries or plums Milk 2% fluid	3/8 cup 3/8 cup 1/2 oz 3/8 cup 1/4 cup 3/4 cup	strawberry dressing
TUES.	Pizza [cheese 1 1/2 oz] Garden salad Fruit - melon or apple Milk 2% fluid	1 slice 3/8 cup 1/4 cup 3/4 cup	1 pan serves 15 Ranch dressing
WED.	Chicken patty (2 oz chicken each patty) -or- Chicken nuggets [.6 oz each (.4 oz chicken each nugget)] Potato cheese or Tuscan bean Soup [1/4 c vegetable, 1/4 oz cheese] Whole wheat bread/butter Fruit – melon or apple Milk 2% fluid	1 each 4 each 1/2 cup 1/2 slice 1/4 cup 3/4 cup	Ketchup
THUR.	Beans & Rice Dried beans Rice Tossed salad Tortilla – 6” Fruit – bananas or plums Milk 2% fluid	 3/8 cup 1/4 cup 3/8 cup 1 each 1/4 cup 3/4 cup	 Southwest
FRI.	Cheese manicotti [1/4 cup enriched noodles, tomato sauce Cheese 1 1/2 oz, 1/4 whole egg] Cooked carrots Fruit – banana or plums Milk 2% fluid	1/4 of a whole 1/4 cup 1/4 cup 3/4 cup	

dressing



WEEK 2 – LUNCH OCTOBER, 2016 - SEPTEMBER, 2017

DAY	MENU	SERVING SIZE	COMMENTS
MON.	Chicken sausage & butternut sauce	3/8 cup	
	1 1/2oz ground chicken sausage		
	Pasta shells (enriched & fortified)	3/8 cup	
	Tossed salad	3/8 cup	
	Fruit - banana or pears	1/4 cup	
	Milk 2% fluid	3/4 cup	
TUES.	Quiche	1 slice	1 pie feeds 8
	[1 1/4 oz cheese, 1/2 egg]		
	Peas	1/4 cup	
	Whole wheat bread/butter	1/2 slice	
	Fruit - bananas or pears	1/4 cup	
	Milk 2% fluid	3/4 cup	
WED.	Spaghetti (enriched, whole wheat)	3/8 cup	
	Tomato & meat sauce-1 1/2oz meat	3/8 cup	
	Grated parmesan cheese	1/4 oz	
	Spinach salad	3/8 cup	Ranch dressing
	Fruit - nectarines or oranges	1/4 cup	
	Milk 2% fluid	3/4 cup	
THUR.	Hawaiian chicken	1 leg or thigh each	
	(minimum of 2 oz chicken)		
	Zucchini & yellow squash	1/4 cup	
	Whole wheat bread/butter	1/2 slice	
	Fruit - apples or nectarines	1/4 cup	
	Milk 2% fluid	3/4 cup	
FRI.	Turkey soft taco		
	Meat filling (1 1/2 oz meat)	3/8 cup	
	Corn	1/4 cup	
	Grated cheese	1/2 oz	
	Tortilla (1.1 oz)	1 each	
	Fruit - banana or melon	1/4 cup	
	Milk 2% fluid	3/4 cup	



WEEK 3 – LUNCH

OCTOBER, 2016 - SEPTEMBER, 2017

DAY	MENU	SERVING SIZE	COMMENTS
MON.	Chicken & tarragon	3/8 cup	
	[1 1/2oz meat		
	(enriched whole wheat rotini)]	3/8 cup	
	Broccoli salad w/cheddar cheese	3/8 cup	Broccoli
	dressing		
	Fruit - banana or pears	1/4 cup	
	Milk 2% fluid	3/4 cup	
TUES. serves 20	Turkey meatloaf [2 oz turkey]	1 slice	1 loaf
	Mashed sweet potatoes	3/8 cup	ketchup
	Whole wheat bread/butter	1/2 slice	
	Fruit - oranges or melon	1/4 cup	
	Milk 2% fluid	3/4 cup	
WED.	Dirty rice with beef	1/2 cup	
	[(Beef 1 1/2 oz), (quinoa, brown rice,		
	farrow – 1/4 cup serving)]		
	Apple coleslaw	3/8 cup	coleslaw dressing
	Fruit - oranges or apples	1/4 cup	
	Milk 2% fluid	3/4 cup	
THUR.	Black bean, corn,		
	chicken & cheese quesadilla	1 slice	1/6 of a whole
	quesadilla		
	(1/2 oz cheese, 1 oz chicken, whole wheat tortilla 1.1 oz)		
	Green beans	1/4 cup	
	Fruit – oranges or nectaries	1/4 cup	
	Milk 2% fluid	3/4 cup	
FRI.	Homemade lasagna	3/4 cup	1 pan serves 30
	[Enriched, fortified noodles	1/2 cup	
	Tomato sauce		
	Cheese 1 1/2 oz]		
	Tossed salad	3/8 cup	1000 island dressing
	Fruit - apples or strawberries	1/4 cup	
	Milk 2% fluid	3/4 cup	



WEEK 4 – LUNCH OCTOBER, 2016 - SEPTEMBER, 2017

DAY	MENU	SERVING SIZE	COMMENTS
MON.	Ziti with chicken sausage & tomato sauce [Ziti noodles-enriched & fortified whole wheat]	3/8cup	
	Tomato & meat sauce-1 oz chicken]	3/8 cup	
	Grated cheese	1/2 oz	
	Vegetable salad	3/8 cup	1000 Island dressing
	Fruit - nectarines or oranges	1/4 cup	
	Milk 2% fluid	3/4 cup	
TUES.	Chicken chili (1 1/2 oz chicken)		
	Southwest salad	1/4 cup	Southwest dressing
	Whole wheat bread/butter	1/2 slice	
	Fruit - melon or apples	1/4 cup	
	Milk 2% fluid	3/4 cup	
WED.	Cheese ravioli w/olive oil & tomato (1 1/2oz cheese, ¼ c pasta)	4 each	
	Peas	1/4 cup	
	Parmesan cheese	1/4 oz	
	Fruit - apples or plums	1/4 cup	
	Milk 2% fluid	3/4 cup	
THUR.	Hamburger slider patty (2 oz meat)	1 each	
	Ketchup		
	Bean medley	1/4 cup	
	Roll (2 oz whole wheat)	1 each	
	Fruit - bananas or melon	1/4 cup	
	Milk 2% fluid	3/4 cup	
FRI.	BBQ chicken leg (2 oz chicken)	1 each	
	California blend vegetables	1/4 cup	
	Whole wheat bread	1/2 slice	
	Fruit - nectarines or melon	1/4 cup	
	Milk 2% fluid	3/4 cup	



WEEK 5 - LUNCH

OCTOBER, 2016 - SEPTEMBER, 2017

DAY	MENU	SERVING SIZE	COMMENTS
MON. serves 15	Cheese Melt [1 1/2 oz cheese, 1 oz pizza crust] Tomato pasta soup (1/3 cup tomato sauce) Fruit - pears or melons Milk 2% fluid	1 slice 1/2 cup 1/4 cup 3/4 cup	1 pan
TUES.	Turkey Sloppy Joe (2 oz ground turkey) Corn & edamame Roll (enriched & fortified 2 oz) Fruit - apples or plums Milk 2% fluid	3/8 cup 1/4 cup 1 each 1/4 cup 3/4 cup	
WED. feeds 30	Shepherd's Pie (1 1/2 oz ground beef) Pineapple mango cole slaw Whole wheat bread/butter Fruit - oranges or bananas Milk 2% fluid	3/4 cup 3/8 cup 1/2 slice 1/4 cup 3/4 cup	1 pan Cole slaw dressing
THUR.	Teriyaki chicken leg (2 oz meat) Oriental vegetables Wheat bread/butter Fruit - oranges or bananas Milk 2% fluid	1 each 1/4 cup 1/2 slice 1/4 cup 3/4 cup	
FRI.	Whole wheat macaroni with cheese [Macaroni(enriched & fortified whole wheat), Cheese - 1 1/2 oz, eggs, milk] 5-way mixed vegetables Fruit - bananas or plums Milk 2% fluid	1/2 cup 1/4 cup 1/4 cup 3/4 cup	