



**WEEK 1 – LUNCH**

**January, 2021 – September, 2021**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>	<b>COMMENTS</b>
<b>MON.</b>	<b>Turk-a-roni</b> [Enriched whole wheat macaroni Meat sauce (1 oz ground turkey)] Grated cheese Southwest salad Fruit - strawberries or plums Milk 1% fluid	<b>3/8 cup</b> <b>3/8 cup</b> <b>1/2 oz</b> <b>3/8 cup</b> <b>1/4 cup</b> <b>3/4 cup</b>	<b>southwest dressing</b>
<b>TUES.</b>	<b>Whole wheat Pizza</b> [cheese 1 1/2 oz, 1oz whole wheat pizza crust] Garden salad Fruit - melon or apple Milk 1% fluid	<b>1 slice</b> <b>3/8 cup</b> <b>1/4 cup</b> <b>3/4 cup</b>	<b>1 pan serves 15</b> <b>Ranch dressing</b>
<b>WED.</b>	<b>Chicken patty</b> (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 1% fluid	<b>1 each</b> <b>4 each</b> <b>1/2 cup</b> <b>1/2 slice</b> <b>1/4 cup</b> <b>3/4 cup</b>	<b>Ketchup</b>
<b>THUR.</b>	<b>Cheese manicotti</b> [1/4 cup enriched noodles, tomato sauce Cheese 1 1/2 oz, 1/4 whole egg] Winter vegetable blend Whole wheat bread/butter Fruit – banana or plums Milk 1% fluid	<b>1/4 of a whole</b> <b>1/4 cup</b> <b>1/2 slice</b> <b>1/4 cup</b> <b>3/4 cup</b>	
<b>FRI.</b>	<b>Beans &amp; Rice (whole grain)</b> Dried beans Brown Rice Tossed salad Tortilla – 6” Fruit – bananas or plums Milk 1% fluid	<b>3/8 cup</b> <b>1/4 cup</b> <b>3/8 cup</b> <b>1 each</b> <b>1/4 cup</b> <b>3/4 cup</b>	<b>Southwest dressing</b>



**WEEK 2 – LUNCH January, 2021 – September, 2021**

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



**WEEK 3 – LUNCH**

**January, 2021 – September, 2021**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>	<b>COMMENTS</b>
<b>MON.</b>	<b>Power veggie beef &amp; chicken stew</b> [ $\frac{3}{4}$ oz chicken, $\frac{3}{4}$ oz beef]	<b>1/2 cup</b>	
	<b>Spinach salad</b>	<b>1/4 cup</b>	Strawberry dressing
	<b>Whole wheat bread/butter</b>	<b><math>\frac{1}{2}</math> slice</b>	
	<b>Fruit - banana or pears</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b><math>\frac{3}{4}</math> cup</b>	
<b>TUES.</b>	<b>Turkey meatloaf [2 oz turkey]</b>	<b>1 slice</b>	1 loaf serves 20
	<b>Mashed sweet potatoes</b>	<b><math>\frac{3}{8}</math> cup</b>	ketchup
	<b>Whole wheat bread/butter</b>	<b><math>\frac{1}{2}</math> slice</b>	
	<b>Fruit - oranges or melon</b>	<b><math>\frac{1}{4}</math> cup</b>	
	<b>Milk 1% fluid</b>	<b><math>\frac{3}{4}</math> cup</b>	
<b>WED.</b>	<b>Dirty brown rice with beef</b> [(Beef $1\frac{1}{2}$ oz), (brown rice, whole grain quinoa and farrow – $\frac{1}{4}$ cup serving)]	<b>1/2 cup</b>	
	<b>Apple coleslaw</b>	<b><math>\frac{3}{8}</math> cup</b>	coleslaw dressing
	<b>Fruit - oranges or apples</b>	<b><math>\frac{1}{4}</math> cup</b>	
	<b>Milk 1% fluid</b>	<b><math>\frac{3}{4}</math> cup</b>	
<b>THUR.</b>	<b>Black bean, corn, chicken &amp; cheese quesadilla</b> ( $\frac{1}{2}$ oz cheese, 1 oz chicken, whole grain tortilla 1.1 oz)	<b>1 slice</b>	$\frac{1}{6}$ of a whole quesadilla
	<b>Green beans</b>	<b><math>\frac{1}{4}</math> cup</b>	
	<b>Fruit – oranges or nectaries</b>	<b><math>\frac{1}{4}</math> cup</b>	
	<b>Milk 1% fluid</b>	<b><math>\frac{3}{4}</math> cup</b>	
<b>FRI.</b>	<b>Homemade lasagna</b> [Enriched, fortified noodles Tomato sauce Cheese 1 1/2 oz]	<b><math>\frac{3}{4}</math> cup</b> <b><math>\frac{1}{2}</math> cup</b>	1 pan serves 30
	<b>Tossed salad</b>	<b><math>\frac{3}{8}</math> cup</b>	1000 island dressing
	<b>Fruit - apples or strawberries</b>	<b><math>\frac{1}{4}</math> cup</b>	
	<b>Milk 1% fluid</b>	<b><math>\frac{3}{4}</math> cup</b>	



**WEEK 4 – LUNCH**

**January, 2021 – September, 2021**

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



**WEEK 5 - LUNCH**

**January, 2021 – September, 2021**

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