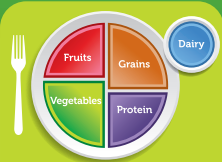


6-8



Sample Lunch Menus



NATIONAL DAIRY COUNCIL®

Week 1

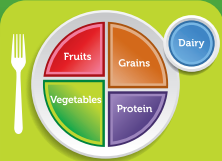
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Entree Choices:</p> <p>Savory Roast Pork (2 oz) on Brown Rice WG (1/2 cup) with Whole Wheat Roll WG (1)</p> <p>Oven Baked Chicken Bites (5) on Brown Rice WG (1/2 cup) with Whole Wheat Roll WG (1)</p> <p>Vegetable/Fruit Choices:</p> <p>Succulent Sweet Potatoes R/O (1/2 cup)</p> <p>Seasoned Green Beans O (1/2 cup)</p> <p>Crisp Veggie Dippers R/O (1/2 cup)</p> <p>Oodles of Raisins (1.5 oz box)</p> <p>Fresh Banana (1 each)</p> <p>Salad Bar:</p>	<p>Entree Choices:</p> <p>Beefy Mac & Cheese WG (3/4 cup) with Whole Wheat Breadstick WG (1)</p> <p>Sweet and Sour Chicken (3/4 cup) on Fried Rice (1/2 cup) with Whole Wheat Breadstick WG (1)</p> <p>Vegetable/Fruit Choices:</p> <p>Black-eyed Peas B/P (1/2 cup)</p> <p>Crazy Cherry Tomatoes R/O (1/4 cup) w/Dipping Sauce</p> <p>Steamed Fresh Squash O (1/2 cup)</p> <p>Tangy Tangerine (1 each)</p> <p>Chilled Cinnamon Pears (1/2 cup)</p> <p>Salad Bar:</p>	<p>Entree Choices:</p> <p>Meatloaf Cupcakes (2 oz) Mashed Potatoes (1/2 cup) with Whole Wheat Roll WG (1)</p> <p>Homemade Chicken Salad (1/2 cup) with Whole Wheat Roll WG (1)</p> <p>Vegetable/Fruit Choices:</p> <p>Baked Au Gratin Potatoes S (1/2 cup)</p> <p>Fresh Steamed Broccoli G & Cauliflower O (1/2 cup)</p> <p>Fresh Romaine Garden Salad G (1/2 cup) with Dressing</p> <p>Red Delicious Apple (1 each)</p> <p>Chilled Peach Slices (1/2 cup)</p> <p>Salad Bar:</p>	<p>Entree Choices:</p> <p>Southwest Chicken Cobb Salad G (1 cup) (1 oz Chicken; 1 oz Cheese; 0.9 gm Torilla Strips) with Whole Wheat Crackers WG (8 crackers)</p> <p>Hamburger (2 oz) and Fixings on Whole Wheat Roll WG X2 (1) Sliced Fresh Tomatoes R/O (1/4 cup) and Lettuce Leaves (1/4 cup)</p> <p>Vegetable/Fruit Choices:</p> <p>Oven Baked Potato Sticks S (1/2 cup)</p> <p>Seasoned Great Northern Beans B/P (1/2 cup)</p> <p>Fresh Romaine Garden Salad G (1 cup) with Dressing</p> <p>Fresh Bunch O' Grapes (1/2 cup)</p> <p>Chilled Pineapple Chunks in Light Syrup (1/2 cup)</p> <p>Salad Bar:</p>	<p>Entree Choices:</p> <p>Slice of Hot Cheesy Pizza WG (2)</p> <p>Baked Lemon Pepper Tilapia (2 oz) with Pita Chips WG (0.9 oz)</p> <p>Vegetable/Fruit Choices:</p> <p>California Blend Mixed Vegetables G (1/2 cup)</p> <p>Seasoned Green Peas S (1/2 cup)</p> <p>Fresh Romaine Garden Salad G (1/2 cup) with Dressing</p> <p>Fresh Melon Chunks (1/2 cup)</p> <p>Chilled Apricot Slices in Light Syrup (1/2 cup)</p> <p>Salad Bar:</p>

Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

WG = Whole Grain **G = Green Vegetable** **R/O = Red/Orange Vegetable** **S = Starchy Vegetable** **B/P = Beans/Peas** **O = Other Vegetable**

6-8



Sample Lunch Menus



NATIONAL DAIRY COUNCIL®

Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Entree Choices:</p> <p>Oven Baked Lasagna WG (3/4 cup noodles; 2 oz beef) with Whole Wheat Breadstick WG (1)</p> <p>Herb Baked Chicken (2 oz) on Brown Rice WG (1/2 cup) with Whole Wheat Breadstick WG (1)</p> <p>Vegetable/Fruit Choices:</p> <p>Steamed Fresh Carrots R/O (1/2 cup)</p> <p>Crisp Veggie Dippers O (1/2 cup)</p> <p>Fresh Romaine Garden Salad G (1 cup) with Dressing</p> <p>Fresh Banana (1 each)</p> <p>Salad Bar:</p> <p>Salad Bar could include 1 cup of spinach/romaine/and other lettuce; 2 meat equivalents of meat, cheese, eggs or yogurt; 1/2 cup tomatoes, peppers, and/or carrots; 1/2 cup fruit; 8 whole wheat crackers and 21 gm package Goldfish crackers</p> <p>Cup O' Pudding (1/2 cup)</p>	<p>Entree Choices:</p> <p>Oven Baked Chicken Tenders (2 oz) with Whole Wheat Roll WG (1)</p> <p>Savory Fish Filet (2 oz) with Whole Wheat Roll WG (1)</p> <p>Vegetable/Fruit Choices:</p> <p>Smashed Potatoes S (1/2 cup)</p> <p>Seasoned Baked Beans B/P (2/3 cup)</p> <p>X-Ray Vision Baby Carrots R/O (2 oz pkg)</p> <p>Fresh Fruit Boats (1/2 cup)</p> <p>Traveling Trail Mix (1/2 cup)</p> <p>Salad Bar:</p>	<p>Entree Choices:</p> <p>Oodles of Spaghetti with Meat Sauce WG (1 cup) with Garlic Bread WG (1 oz)</p> <p>Homemade Tuna Salad (1/2 cup) on Flatbread (57 gm) WG (2)</p> <p>Vegetable/Fruit Choices:</p> <p>Seasoned Green Beans O (1/2 cup)</p> <p>Creamy Broccoli and Raisin Salad G (1/2 cup)</p> <p>Chunks of Fresh Melon (1/2 cup)</p> <p>Salad Bar:</p> <p>Fruited Gelatin (1/2 cup)</p>	<p>Entree Choices:</p> <p>Savory Lemon Pepper Chicken (2 oz) on Spanish Rice (1/2 cup) with Whole Wheat Breadstick WG (1)</p> <p>Veggie Quesadilla (6-inch) WG (1) with Spanish Rice (1/2 cup)</p> <p>Vegetable/Fruit Choices:</p> <p>Oven Baked Sweet Potato Fries R/O (1/2 cup)</p> <p>Fresh Spinach Salad G (1 cup)</p> <p>Chilled Three Bean Salad B/P (1/2 cup)</p> <p>Hot Cinnamon Apples (1/2 cup)</p> <p>Tangy Tangerine (1 each)</p> <p>Salad Bar:</p>	<p>Entree Choices:</p> <p>Slice of Hot Cheesy or Pepperoni Pizza WG (2)</p> <p>Tasty Taco Salad (2 oz Beef) with Pita Chips WG (0.9 oz) Fresh Tomatoes R/O (1/4 cup) and Shredded Lettuce G (1 cup)</p> <p>Vegetable/Fruit Choices:</p> <p>Seasoned Black Beans B/P (1/2 cup)</p> <p>California Blend Mixed Vegetables G (1/2 cup)</p> <p>Chilled Mandarin Orange Salad (1 cup)</p> <p>Fresh Plum (1 each)</p> <p>Chilled Pineapple Chunks in Light Syrup (1/2 cup)</p> <p>Salad Bar:</p>

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