

Sample Lunch Menus

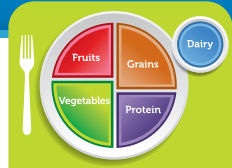


Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Entree Choices: Savory Roast Pork (2 oz) on Brown Rice WG (1/2 cup) with Whole Wheat Roll WG (1) Oven Baked Chicken Bites (5) on Brown Rice WG (1/2 cup) with Whole Wheat Roll WG (1)	Entree Choices: Beefy Mac & Cheese WG (3/4 cup) with Whole Wheat Breadstick WG (1) Sweet and Sour Chicken (3/4 cup) on Fried Rice (1/2 cup) with Whole Wheat Breadstick WG (1)	Entree Choices: Meatloaf Cupcakes (2 oz) Mashed Potatoes S (1/2 cup) with Whole Wheat Roll WG (1) Homemade Chicken Salad (1/2 cup) with Whole Wheat Roll WG (1)	Entree Choices: 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) 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)	Entree Choices: Slice of Hot Cheesy Pizza WG (2) Baked Lemon Pepper Tilapia (2 oz) with Pita Chips WG (0.9 oz)
Vegetable/Fruit Choices: Succulent Sweet Potatoes R/O (1/2 cup) Seasoned Green Beans O (1/2 cup) Crisp Veggie Dippers R/O (1/2 cup) Oodles of Raisins (1.5 oz box) Fresh Banana (1 each)	Vegetable/Fruit Choices: Black-eyed Peas B/P (1/2 cup) Crazy Cherry Tomatoes R/O (1/4 cup) w/Dipping Sauce Steamed Fresh Squash O (1/2 cup) Tangy Tangerine (1 each) Chilled Cinnamon Pears (1/2 cup)	Vegetable/Fruit Choices: Baked Au Gratin Potatoes S (1/2 cup) Fresh Steamed Broccoli G & Cauliflower O (1/2 cup) Fresh Romaine Garden Salad G (1/2 cup) with Dressing Red Delicious Apple (1 each) Chilled Peach Slices (1/2 cup)	Vegetable/Fruit Choices: Oven Baked Potato Sticks S (1/2 cup) Seasoned Great Northern Beans B/P (1/2 cup) Fresh Romaine Garden Salad G (1/2 cup) with Dressing Fresh Bunch O' Grapes (1/2 cup) Chilled Pineapple Chunks in Light Syrup (1/2 cup)	Vegetable/Fruit Choices: California Blend Mixed Vegetables G (1/2 cup) Seasoned Green Peas S (1/2 cup) Fresh Romaine Garden Salad G (1/2 cup) with Dressing Crisp Coleslaw O (1/2 cup) Fresh Melon Chunks (1/2 cup) Chilled Apricot Slices in Light Syrup (1/2 cup)
Salad Bar: 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 and grains noted below Whole Wheat Crackers WG (8 crackers) Goldfish Crackers WG (21 gm pkg)	Salad Bar: Whole Wheat Crackers WG (8 crackers) Goldfish Crackers WG (21 gm pkg)	Salad Bar: Whole Wheat Crackers WG (8 crackers) Goldfish Crackers WG (21 gm pkg)	Salad Bar: Whole Wheat Crackers WG (8 crackers) Goldfish Crackers WG (21 gm pkg)	Salad Bar: Whole Wheat Crackers WG (8 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



Sample Lunch Menus



Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Entree Choices: Oven Baked Lasagna WG (3/4 cup noodles; 2 oz beef) with Whole Wheat Breadstick WG (1) Herb Baked Chicken (2 oz) on Brown Rice WG (1/2 cup) with Whole Wheat Breadstick WG (1)	Entree Choices: Oven Baked Chicken Tenders (2 oz) with Whole Wheat Roll WG (1) Savory Fish Filet (2 oz) with Whole Wheat Roll WG (1)	Entree Choices: Oodles of Spaghetti with Meat Sauce WG (1 cup) with Garlic Bread WG (1 oz) Homemade Tuna Salad (2 oz) on Flatbread (57 gm) WG (2)	Entree Choices: Savory Lemon Pepper Chicken (2 oz) on Spanish Rice (1/2 cup) with Whole Wheat Breadstick WG (1) Veggie Quesadilla (6 inch) WG (1) on Spanish Rice (1/2 cup)	Entree Choices: Slice of Hot Cheesy or Pepperoni Pizza WG (2) 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)
Vegetable/Fruit Choices: Steamed Fresh Carrots R/O (1/2 cup) Crisp Veggie Dippers O (1/2 cup) Fresh Romaine Garden Salad G (1/2 cup) with Dressing Fresh Banana (1 each)	Vegetable/Fruit Choices: Smashed Potatoes S (1/2 cup) Seasoned Baked Beans B/P (1/2 cup) X-Ray Vision Baby Carrots R/O (2 oz pkg) Fresh Fruit Boats (1/2 cup) Traveling Trail Mix (1/2 cup)	Vegetable/Fruit Choices: Seasoned Green Beans O (1/2 cup) Creamy Broccoli and Raisin Salad G (1/2 cup) Chunks of Fresh Melon (1/2 cup)	Vegetable/Fruit Choices: Oven Baked Sweet Potato Fries R/O (1/2 cup) Fresh Spinach Salad G (1/2 cup) Chilled Three Bean Salad B/P (1/2 cup) Hot Cinnamon Apples (1/2 cup) Tangy Tangerine (1 each)	Vegetable/Fruit Choices: Seasoned Black Beans B/P (1/2 cup) California Blend Mixed Vegetables G (1/2 cup) Chilled Mandarin Orange Salad (1/2 cup) Fresh Plum (1 each) Chilled Pineapple Chunks in Light Syrup (1/2 cup)
Salad Bar: 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 and grains noted below Whole Wheat Crackers WG (8 crackers) Goldfish Crackers WG (21 gm pkg) Cup O' Pudding (1/2 cup)	Salad Bar: Whole Wheat Crackers WG (8 crackers)	Salad Bar: Whole Wheat Crackers WG (8 crackers) Goldfish Crackers WG (21 gm pkg) Fruited Gelatin (1/2 cup)	Salad Bar: Whole Wheat Crackers WG (8 crackers) Goldfish Crackers WG (21 gm pkg)	Salad Bar: Whole Wheat Crackers WG (8 crackers)

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