

Fall Lunch Menu ♦ Grades 9-12



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<p>Barbecued Chicken 2 tbsp. Barbecue Sauce Whole Grain Roll 1/2 c. Broccoli Florets 2/3 c. Baked Beans</p> <p>1/2 c. Fresh Pineapple 1/2 c. Fresh grapes Milk***</p>	<p>1 Fiesta Wrap w/ 1 c. Brown Rice 1/2 c. Butternut Squash 1/2 c. Sautéed kale</p> <p>1/2 c. Fresh apple slices w/ 1 Tbsp. Almond butter 1/2 c. Canned Apricots Milk</p>	<p>Chile Con Carne with Beans (1/2 cup) 2/3 c. Spanish Rice Whole Wheat Roll 1/2 c. Cooked Corn</p> <p>1 c. Fresh Orange slices Milk</p>	<p>Opened Face Turkey with 2 tbsp. Gravy 1/2 c. Mashed Potatoes 1/2 c. Orange glazed Carrots</p> <p>1/2 c. Fresh Peach slices 1/2 c. Fresh pear halves Milk</p>	<p>Cheeseburger on whole grain bun 2/3 c. Sweet Potato Soufflé 1/2 c. Green Beans</p> <p>Whole banana Whole Grain Oatmeal Cookie Milk</p>
Week 2	<p>Chicken Salad Sandwich on Whole Grain Bread 1/2 c. Green Beans 1/2 c. Red Pepper Slices w/ 2 tbsp. Ranch dressing</p> <p>Whole Banana Milk</p>	<p>Sloppy Joe w/ Whole Wheat Roll 1 c. Spinach and apple Salad 2/3 c. Sweet Potato Soufflé</p> <p>3/4 c. Pear halves Milk</p>	<p>Chicken Alfredo Whole grain roll Tossed Salad (romaine lettuce, tomato, green pepper, cucumber) 1/2 c. Sesame Broccoli</p> <p>1/2 c. Sliced Peaches 1/2 c. Mandarin oranges Milk</p>	<p>Chicken Fajitas 1/2 c. Cooked corn Whole Grain tortilla chips w/ 1/4 c. Salsa</p> <p>1c. Fresh Pineapple Milk</p>	<p>Whole Wheat Cheese Pizza 1/2 c. Black Bean Salad Tasty Sweet Potato Tots 1/2 c. Peas and carrots</p> <p>1 c. Fresh Grapes Milk</p>
Week 3	<p>Taco Salad 2 Tbsp. Low-Fat Ranch Dip 1/2 c. Spanish Rice Whole grain tortilla chips 1/2c. Hummus</p> <p>1/2 c. Fresh Pineapple Chunks 1/2 c. Mandarin Orange Cup Milk</p>	<p>3/4 c. Stir Fry w/ 1/2 c. Whole grain rice Tossed Salad (romaine lettuce, cherry tomato, cucumber, mushrooms) w/ Low-fat Ranch Dressing</p> <p>Whole Banana w/ 1 Tbsp. Almond Butter Whole Grain Chocolate Chip Cookie Milk</p>	<p>1 c. Sweet potato and black bean stew Whole grain roll 1/2 c. Sesame Broccoli</p> <p>1/2 c. Fresh Apple Slices 1/2 c. Fresh Pear halves Milk</p>	<p>Whole wheat cheese pizza Tasty Sweet Potato Tots 1/2 c. Seasoned Corn</p> <p>1 c. Fresh Grapes Milk</p>	<p>1 1/2 c. Chicken Penne Whole grain roll 1/3 c. Orange Glazed Carrots 1/2 c. Green beans Low-fat string cheese</p> <p>1 c. Peach cup Milk</p>
Week 4	<p>Toasted Turkey Ham & Cheese Sub on Whole Grain Roll 1/2 c. Sesame Broccoli 1/2 c. Green peas</p> <p>Whole banana 1/2 c. Applesauce Milk</p>	<p>Quirky Quesadilla 1/2 c. Brown Rice Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Black beans</p> <p>1/2 c. Fresh pineapple chunks 1/2 c. Mandarin Orange Cup Milk</p>	<p>Whole Wheat Rotini with meat sauce (1/2 cup) Whole Grain Roll 1/2 c. Red pepper strips and carrots w/ 2 Tbsp. Low-Fat Ranch Dip</p> <p>1 c. Fresh Pear Slices Milk</p>	<p>Beef and Bean Burrito 1/2 c. Harvest Delight (Sweet potatoes, squash, apples, cranberries) 1/4 c. Green beans</p> <p>1 c. Sliced peaches Milk</p>	<p>Crunchy Hawaiian Chicken Wrap Whole grain tortilla chips 1/2 c. Fresh Salsa 1/4 c. Sweet corn</p> <p>1/2 c. Fresh Apple Slices 1 Tbsp. Almond Butter 1/2 c. Fresh Grapes Milk</p>
Week 5	<p>Meatball & Cheese Sub on Whole grain bread Tossed Salad (Spinach, tomato, cucumber, mushroom)</p> <p>1/2 c. Fresh Pineapple Chunks 1/2 c. Fresh grapes Milk</p>	<p>Honey Lemon chicken w/1/2 c. Whole grain Rice Pilaf 1/4 c. Green Peas 1/2 Carrot Sticks w/ 1/2 c. Hummus</p> <p>1 c. Sliced Peaches Milk</p>	<p>Hot Turkey and Cheese 1/2 c. Sesame Broccoli 1/2 c. Green Beans</p> <p>1 c. Apple Slices 1 Tbsp. Almond Butter Milk</p>	<p>Cheeseburger salad wrap on whole grain tortilla w/ 1 Tbsp. Ketchup & Mustard 1/2 c. Cooked corn</p> <p>Whole Banana Milk</p>	<p>Purple power bean wrap on whole grain tortilla Tasty Sweet Potato Tots 1/2 c. (4 oz.) Low-fat strawberry yogurt Whole grain banana bread</p> <p>1 c. Fresh pear slices Milk</p>

*** 1% Unflavored and non-fat flavored milk offered daily

Fall Lunch Menu ♦ Week 1 Breakdown (Grades 9-12)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Barbecued Chicken 2 tbsp. Barbecue Sauce Whole Grain Roll 1/2 c. Broccoli Florets 2/3 c. Baked Beans 1/2 c. Fresh Pineapple 1/2 c. Fresh grapes Milk	1 Fiesta Wrap w/ 1 c. Brown Rice 1/2 c. Butternut Squash 1/2 c. Sautéed kale 1/2 c. Fresh apple slices w/ 1 Tbsp. Almond butter 1/2 c. Canned Apricots Milk	Chile Con Carne with Beans (1/2 cup) 2/3 c. Spanish Rice Whole Wheat Roll 1/2 c. Cooked Corn 1 c. Fresh Orange slices Milk	Opened Face Turkey with 2 tbsp. Gravy 1/2 c. Mashed Potatoes 1/2 c. Orange glazed Carrots 1/2 c. Fresh Peach slices 1/2 c. Fresh pear halves Milk	Cheesburger on whole grain bun 2/3 c. Sweet Potato Soufflé 1/2 c. Green Beans Whole banana Whole Grain Oatmeal Cookie Milk		
Fruits	Pineapple= 1/2 cup Grapes= 1/2 cup	Apple slices= 1/2 cup Apricot 1/2 cup	Orange slices= 1 cup	Peach slices= 1/2 cup Pear halves= 1/2 cup	Whole banana= 1 cup	5 cups	5 cups
Vegetables							
Dark Green	Broccoli florets= 1/2 cup	Sautéed kale= 1/2 cup				1 cup	1/2 cup
Red/Orange		Butternut squash= 1/2 cup		Glazed carrots= 1/2 cup	Sweet potato soufflé= 2/3 cup	1 1/2 cup	1 1/4 cup
Beans/Peas (Legumes)	Baked beans= 2/3 cup		Chili (Pinto/Kidney beans)= 3/8 cup			1 cup	1/2 cup
Starchy			Cooked corn= 1/2 cup	Mashed potatoes= 1/2 cup		1 cup	1/2 cup
Other			Spanish rice= 1/4 cup		Green beans= 1/2 cup	3/4 cup	3/4 cup
Total Vegetable						5 2/7 cup	5 cups
Grains *	Whole grain roll= 2 oz.	Fiesta wrap= 1 oz. eq. Brown rice= 1 cup= 2 oz.	Whole wheat roll= 2 oz. Spanish Rice= 1 oz.	2 slices whole grain bread=	Hamburger bun= 2 oz. 1 oz. cookie= 0.5 oz. eq.	12 oz. eq. 12 oz.= whole grain-rich	10-12 oz. eq.
Meat/Meat Alternate	Barbecued chicken= 2 oz.	Fiesta wrap= 1 oz. eq. Almond butter= 2 Tbsp.= 1oz.	Chili con carne (Ground Beef)= 2 oz. eq.	Turkey= 2 oz.	Hamburger= 2 oz. Cheese= 1 oz. (3 oz. total)	11 oz. eq.	10-12 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	763.29 kcals	750-850 kcals
Sodium	998.84 mg	≤ 1420 mg
Saturated Fat	6.81 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

<u>Barbecued Chicken</u> <u>Fiesta Wrap</u> <u>Chile Con Carne</u> <u>Sweet Potato Soufflé</u>	<u>Orange Glazed Carrots</u> <u>Whole Grain Oatmeal Cookie</u>
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Summary of USDA Foods

Grains

Roll, Whole grain
Spanish Rice
Bread, whole grain
Bun, Whole Grain
Brown Rice Pilaf

Meat/ Meat Alternate

Turkey, Sliced
Cheddar Cheese
Beef Patty

Vegetables

Mashed Potatoes
Baked Beans
Sweet Corn
Green Beans

Fruit

Apple Slices, Fresh
Oranges, fresh
Peach cup
Pear Halves, Fresh

Produce Pricing: Coming Soon!

Conventional	Local
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Fall Lunch Menu ♦ Week 2 Breakdown (Grades 9-12)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Chicken Salad Sandwich on Whole Grain Bread 1/2 c. Green Beans 1/2 c. Red Pepper Slices w/ 2 tbsp. Ranch dressing Whole Banana Milk	Sloppy Joe w/ Whole Wheat Roll 1 c. Spinach and apple Salad 2/3 c. Sweet Potato Soufflé 3/4 c. Pear halves Milk	Chicken Alfredo Whole grain roll Tossed Salad (romaine lettuce, tomato, green pepper, cucumber) 1/2 c. Sesame Broccoli 1/2 c. Sliced Peaches 1/2 c. Mandarin oranges Milk	Chicken Fajitas 1/2 c. Cooked corn Whole Grain tortilla chips w/ 1/4 c. Salsa 1c. Fresh Pineapple Milk	Whole Wheat Cheese Pizza 1/2 c. Black Bean Salad Tasty Sweet Potato Tots 1/2 c. Peas and carrots 1 c. Fresh Grapes Milk		
Fruits	Large Banana= 1 cup	Apples= 1/4 cup Pear halves 3/4 cup	Sliced peaches= 1/2 cup Mandarin oranges= 1/2 cup	Pineapple= 1 cup	Grapes= 1 cup	5 cups	5 cups
Vegetables							
Dark Green		Spinach= 1 cup= 1/2 cup eq.	Romaine lettuce = 1 cup= 1/2 cup eq. Sesame Broccoli= 1/2 cup			1 1/2 cup	1/2 cup
Red/Orange	Red Pepper Slices= 1/2 cup	Sweet potato soufflé= 2/3 cup Sloppy Joe= 1/4 cup		Salsa (tomato)= 1/2 cup	Carrots= 1/4 cup Sweet potato tots= 3/8 cup	2 2/7 cups	1 1/4 cup
Beans/Peas (Legumes)					Black bean salad= 1/2 cup	1/2 cup	1/2 cup
Starchy				Cooked corn= 1/2 cup	Green peas= 1/4 cup	3/4 cup	1/2 cup
Other	Green beans= 1/2 cup		Cucumber= 1/8cup Mushrooms= 1/8 cup	Fajita (Green pepper & Onion)= 1/8 cup	Tasty tots (Chickpea &) = 1/4 cup	1 1/8 cup	3/4 cup
Total Vegetable						6 1/6 cups	5 cups
Grains*	Whole grain bread= 2 oz.	Sloppy Joe Bun= 2 oz.	Chicken alfredo= 1 oz. eq. Whole grain roll= 2 oz.	Fajita= 1 oz. eq. Tortilla chips= 1.5 oz.	Pizza crust= 2 oz.	11.5 oz. eq. 11.5 oz.= whole grain-rich	10-12 oz. eq
Meat/Meat Alternate	Chicken Salad= 2 oz.	Sloppy Joe= 2 oz.	Chicken alfredo= 2 oz. eq.	Fajita (chicken) = 2 oz.	Pizza (Cheese)= 2 oz	10 oz.	10-12 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	756.83 kcals	750-850 kcals
Sodium	979.10 mg	≤ 1420mg
Saturated Fat	6.07 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

Summary of Recipes

<u>Chicken Salad</u>	<u>Chicken Fajitas</u>
<u>Sloppy Joe</u>	<u>Pizza</u>
<u>Sweet Potato Tots</u>	<u>Marinated Black Bean Salad</u>
<u>Chicken Alfredo with a Twist</u>	<u>Tossed Salad</u>

Summary of USDA Foods

Grains

Roll, whole grain
Bread, whole grain
Tortilla, whole grain

Vegetables

Carrots, Fresh
Green Beans
Sweet potato, canned
Sweet corn
Tomato, diced
Vegetarian Beans
Tomato. sauce

Meat/ Meat Alternate

Chicken
Ground Beef
Cheese

Fruit

Apples, fresh
Pears, fresh
Peaches

Produce Pricing: Coming Soon!

Conventional	Local
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Fall Lunch Menu ♦ Week 3 Breakdown (Grades 9-12)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Taco Salad 2 Tbsp. Low-Fat Ranch Dip 1/2 c. Spanish Rice Whole grain tortilla chips 1/2c. Hummus 1/2 c. Fresh Pineapple Chunks 1/2 c. Mandarin Orange Cup Milk	3/4 c. Stir Fry w/ 1/2 c. Whole grain rice Tossed Salad (romaine lettuce, cherry tomato, cucumber, mushrooms) w/ Low-fat Ranch Dressing Whole Banana w/ 1 Tbsp. Almond Butter Whole Grain Chocolate Chip Cookie Milk	1 c. Sweet potato and black bean stew Whole grain roll 1/2 c. Sesame Broccoli 1/2 c. Fresh Apple Slices 1/2 c. Fresh Pear halves Milk	Whole wheat cheese pizza Tasty Sweet Potato Tots 1/2 c. Seasoned Corn 1 c. Fresh Grapes Milk	Chicken Penne (1 1/2 cup) Whole grain roll 1/3 c. Orange Glazed Carrots 1/2 c. Green beans Low-fat string cheese 1 c. Peach cup Milk		
Fruits	Pineapple= 1/2 cup Mandarin oranges = 1/2 cup	Banana= 1 cup	Apple slices= 1/2 cup Sliced pears= 1/2 cup	Fresh grapes= 1 cup	Canned peaches= 1 cup	5 cups	5 cups
Vegetables							
Dark Green	1 Cup Romaine lettuce= 1/2 cup eq.	Romaine lettuce= 1 cup= 1/2 cup eq.	Sesame broccoli= 1/2 cup Stew= 1/8 cup		Chicken penne (Broccoli) = 3/8 cup	2 cups	1/2 cup
Red/Orange	Taco salad (Tomato)= 1/4 cup	Stir Fry (red pepper & Butternut squash)= 3/8 cup	Stew (Sweet potato)= 1/4 cup	Tasty Tots (sweet potato)= 3/8 cup	Glazed carrots= 1/3 cup	1 3/4 cup	1 1/4 cup
Beans/Peas (Legumes)	Hummus (chickpea) = 1/2 cup					1/2 cup	1/2 cup
Starchy	Taco salad= 1/4 cup	Stir Fry (corn)= 1/8 cup		Seasoned corn= 1/2		7/8 cup	1/2 cup
Other		Cucumber and green pepper= 1/4 cup	Stew (Onion) = 1/4 cup	Tasty Tots (chickpea & Onion)= 3/8 cup	Green beans= 1/2 cup	1 1/2 cup	3/4 cup
Total Vegetable						6 1/2 cups	5 cups
Grains*	Spanish rice= 1 oz. Tortilla chips 1.5 oz.	Stir Fry Rice = 1 oz. Whole grain Chocolate chip cookie = 1 oz.	Whole grain roll= 2 oz.	Pizza crust= 2 oz.	Chicken penne = 1 3/4 oz. Whole grain roll= 1.5 oz.	10 3/4 oz. eq. 10 3/4 whole grain-rich	10-12 oz. eq
Meat/Meat Alternate	Taco salad= 3 oz.	Stir Fry= 1 3/4 oz. eq. 1 Tbsp. Almond butter = 0.5 oz. eq.	Stew (Legumes) = 3 oz. (1 oz. not contributing to total)	Pizza (Cheese)= 2 oz. eq.	Chicken penne= 1 oz. String Cheese= 1 oz.	11 1/4 oz. eq.	10-12 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	792.06 kcals	750-850 kcals
Sodium	1138.32 mg	≤ 1420 mg
Saturated Fat	6.37 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

<u>Taco Salad</u>	<u>Orange Glazed Carrots</u>
<u>Spanish Rice</u>	<u>Sesame Broccoli</u>
<u>Stir Fry</u>	<u>Tossed Salad</u>
<u>Sweet Potato and Black Bean Stew</u>	<u>Sweet Potato Tots</u>
<u>Pizza</u>	<u>Whole Grain Chocolate Chip Cookie</u>
<u>Chicken Penne</u>	
<u>Three Bean Salad</u>	

Summary of USDA Foods

Grains	Vegetables
<u>Rice, Whole grain</u>	<u>Potato Salad</u>
<u>Roll, Whole grain</u>	<u>Green Peas</u>
<u>Tortilla, Whole Grain</u>	<u>Sweet Corn</u>
	<u>Green Beans</u>
Meat/ Meat Alternate	Fruits
<u>Ground Beef</u>	<u>Fresh Pears</u>
<u>Chicken</u>	<u>Fresh Apple Slices</u>
<u>Cheese</u>	
<u>String Cheese</u>	

Produce Pricing: Coming Soon!

Conventional	Local

Fall Menu ♦ Week 4 Breakdown (Grades 9-12)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Toasted Turkey Ham & Cheese Sub on Whole Grain Roll 1/2 c. Sesame Broccoli 1/2 c. Green peas Whole banana 1/2 c. Applesauce Milk	Quirky Quesadilla 1/2 c. Brown Rice Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Black beans 1/2 c. Fresh pineapple chunks 1/2 c. Mandarin Orange Cup Milk	Whole Wheat Rotini with meat sauce (1/2 cup) Whole Grain Roll 1/2 c. Red pepper strips and carrots w/ 2 Tbsp. Low-Fat Ranch Dip 1 c. Fresh Pear Slices Milk	Beef and Bean Burrito 1/2 c. Harvest Delight (Sweet potatoes, squash, apples, cranberries) 1/4 c. Green beans 1 c. Sliced peaches Milk	Crunchy Hawaiian Chicken Wrap Whole grain tortilla chips 1/2 c. Fresh Salsa 1/4 c. Sweet corn 1/2 c. Fresh Apple Slices 1 Tbsp. Almond Butter 1/2 c. Fresh Grapes Milk		
Fruits	Banana= 1 cup Applesauce= 1/2 cup	Pineapple chunks= 1/2 cup Mandarin oranges= 1/2 cup	Pear Slices= 1 cup	Sliced peaches= 1 cup Harvest delight= 1/8 cup	Apple slices= 1/2 cup Grapes= 1/2 cup	5 5/8 cups	5 cups
Vegetables							
Dark Green	Broccoli= 1/2 cup	Romaine lettuce= 1 cup= 1/2 cup eq.			Wrap (Spinach & Broccoli)= 1/4 cup	1 1/4 cup	1/2 cup
Red/Orange			Carrots and red pepper= 1/2 cup Tomato sauce= 1/2 cup	Harvest delight (Sweet Potato & Butternut squash)= 3/8 cup	Salsa (tomato)= 1/2 cup	1 7/8 cup	1 1/4 cup
Beans/Peas (Legumes)		Black beans= 1/2 cup		Burrito (Refried Beans)= 1/8 cup		7/8 cup	1/2 cup
Starchy	Green peas= 1/2 cup				Sweet corn = 1/4 cup	3/4 cup	1/2 cup
Other		Salad (1/8 cup Cucumber & 1/8 cup Mushroom)= 1/4 cup		Green beans= 1/2 cup Harvest delight (Onion)= 1/8 cup	Chicken wrap= 1/4 cup	1 1/8 cup	3/4 cup
Total Vegetable						5 7/8 cup	5 cups
Grains*	Sub roll= 2 oz.	Quesadilla= 1.5 oz. eq. Whole grain rice= 1oz.	Whole grain rotini= 1 oz. Whole grain dinner roll= 1.5 oz.	Burrito (Beef) = 1.5 oz. eq.	Hawaiian chicken wrap= 1.5 oz. Whole grain tortilla chips= 1.5 oz.	11.5 oz. eq. 11.5 oz. =whole grain-rich	10-12 oz. eq.
Meat/Meat Alternate	Turkey, ham and cheese=2 oz.	Quesadilla= 2 oz.	Meat sauce= 2 oz.	Burrito= 2 oz.	Chicken wrap= 2 oz. 1 Tbsp. Almond butter = 0.5 oz. eq.	10 1/2 oz. eq.	10-12 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	772.49 kcals	750-850 kcals
Sodium	1260.13 mg	≤ 1420mg
Saturated Fat	6.87 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

<u>Toasted Turkey Ham & Cheese</u>	<u>Crunchy Hawaiian Chicken Wrap</u>
<u>Quirky Quesadilla</u>	<u>Harvest Delight</u>
<u>Rotini with Meat Sauce</u>	<u>Tossed Salad</u>
<u>Beef & Refried Bean Burrito</u>	<u>Sesame Broccoli</u>

Summary of USDA Foods

Grains

Roll, whole grain
Bread, whole grain
Rotini, Whole Grain

Meat/ Meat Alternate

Ground Beef
Turkey, Lean
Ham, Reduced sodium
Chicken

Vegetables

Green Peas
Carrot Sticks, Fresh
Black Beans
Green Beans
Sweet Corn

Fruits

Fresh Apple Slices
Fresh Pears
Peaches, Sliced

Produce Pricing: Coming Soon!

Conventional	Local
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Fall Lunch Menu ◊ Week 5 Breakdown (Grades 9-12)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Meatball & Cheese Sub on Whole grain bread Tossed Salad (Spinach, tomato, cucumber, mushroom) 1/2 c. Fresh Pineapple Chunks 1/2 c. Fresh grapes Milk	Honey Lemon chicken w/1/2 c. Whole grain Rice Pilaf 1/4 c. Green Peas 1/2 Carrot Sticks w/ 1/2 c. Hummus 1 c. Sliced Peaches Milk	Hot Turkey and Cheese 1/2 c. Sesame Broccoli 1/2 c. Green Beans 1 c. Apple Slices 1 Tbsp. Almond Butter Milk	Cheeseburger salad wrap on whole grain tortilla w/ 1 Tbsp. Ketchup & Mustard 1/2 c. Cooked corn Whole Banana Milk	Purple power bean wrap on whole grain tortilla Tasty Sweet Potato Tots 1/2 c. (4 oz.) Low-fat strawberry yogurt Whole grain banana bread 1 c. Fresh pear slices Milk		
Fruits	Pineapple slices= 1/2 cup Grapes= 1/2 cup	Sliced peaches= 1 cup	Apple slices= 1 cup	Whole banana= 1 cup	Pear halves= 1 cup	5 cups	5 cups
Vegetables							
Dark Green	1 cup Romaine lettuce= 1/2 cup eq.		Sesame broccoli= 1/2 cup	Cheeseburger salad wrap (1 cup romaine lettuce)= 1/2 cup eq.	Bean wrap = 1/4 cup	1 3/4 cup	1/2 cup
Red/Orange	Meatball sub (Tomato sauce)= 1/2 cup	Carrots= 1/4 cup		Cheeseburger wrap=1/4 cup	Tasty tots (Sweet potato)= 3/8 cup	1 5/8 cup	1 1/4 cup
Beans/Peas (Legumes)		Hummus= 1/4cup			Bean wrap (Dry Beans)= 1/4 cup	1/2 cup	1/2 cup
Starchy		Peas= 1/4 cup		Seasoned corn= 1/2	.	3/4 cup	1/2 cup
Other	Salad (1/8 cup Cucumber & 1/8 cup Green pepper)= 1/4 cup		Green beans= 1/2 cup	Cheeseburger wrap=1/8 cup	Bean wrap (Purple & White Cabbage)= 1/4 cup	1 1/2 cup	3/4 cup
Total Vegetable						6 1/8 cups	5 cups
Grains*	Sub roll= 2.5 oz.	Brown rice= 1/2 c. = 1 oz. Whole grain roll= 1.5 oz.	Sub roll = 2 oz.	Cheeseburger wrap= 2 oz.	Bean wrap= 1 3/4 oz. Banana bread = 1 oz. (Not Contributing to total)	11 3/4 oz. eq. 11 3/4 whole grain-rich	10-12 oz. eq.
Meat/Meat Alternate	Meatballs and cheese= 2.5 oz.	Lemon chicken= 2 oz.	Turkey and cheese= 2 oz. 1 tbsp. almond butter= 0.5 oz. eq.	Cheeseburger wrap (ground beef 1.5 and cheese 0.5)= 2 oz.	Low-fat yogurt 1/2 cup= 1 oz. String cheese= 1 oz.	11 oz.	10-12 oz.
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	5 cups

* All grains must be whole grain-rich

Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	737.22 kcals	750-850 kcals
Sodium	1238.34 mg	≤ 1420mg
Saturated Fat	5.51 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

Summary of Recipes

<u>Meatball and Cheese Sub</u>	<u>Purple Power Bean Wrap</u>
<u>Honey Lemon chicken</u>	<u>Sesame Broccoli</u>
<u>Toasted Turkey Ham & Cheese</u>	<u>Tossed Salad</u>
<u>Cheeseburger Salad Wrap</u>	<u>Sweet Potato Tots</u>
	<u>Whole Grain Banana Bread</u>

Summary of USDA Foods

Grains

Rice Pilaf, Whole Grain
Sub roll, Whole grain
Tortilla, Whole Grain

Vegetables

Green Peas
Carrot sticks, fresh
Green Beans
Sweet Corn

Meat/ Meat Alternate

Ground Beef
Chicken, Lean
Turkey, Lean
Ham, Reduced sodium
Beef Patty
Cheese

Fruits

Fresh Apple Slices
Fresh Pears

Produce Pricing: Coming Soon!

Conventional	Local