



Spring Menu ♦ Grades K-5

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|---|---|--|
| Week 1 | Crunchy Hawaiian Chicken wrap on Whole Grain Tortilla 2/3 c. Sweet potato soufflé 1/2 c. Green Peas 1/2 c. Fresh Honeydew Milk*** | Chicken Fajita Stir Fry (3/4 cup) 1/2 c. Whole grain Rice 1/2 c. Sesame Broccoli 1/2 c. Carrots w/ 2 Tbsp. Low-Fat Ranch dressing 1/2 c. Fresh Pineapple Milk | Sloppy Joe on whole wheat bun 1/2 c. Red Pepper slices w/ 1/2 c. Hummus 2/3 c. Baked Beans 1/2 c. Fresh strawberries Milk | Whole Grain Rotini & Meat Sauce Whole Grain Roll Mozzarella cheese stick 1/2 c. Sautéed Kale 1/2 c. Pear Cup Milk | Cheese Pizza w/ whole grain crust 1/2 c. Potato Salad 1 c. Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) Whole Banana Milk |
| Week 2 | Chicken Alfredo w/ a Twist 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Fresh Grapes Milk | 1 c. Whole Grain Rainbow Rice 1/2 c. Broccoli Salad Tasty Sweet Potato Tots 1/2 c. Mandarin Oranges Milk | All Beef Hot dog on whole grain bun 1/2 c. Green beans 1/2 c. Potato salad Whole Banana Milk | Southwest Burrito on whole grain tortilla 1/2 cup Sweet corn 1/2 c. Applesauce Milk | Santa Fe Wrap 1/2 c. Whole Grain Rice 1/2 c. Seasoned carrots 1/2 c. Baked beans 1/2 c. Fresh pineapple chunks Whole Grain Oatmeal Cookie Milk |
| Week 3 | Oodles of Noodles (Whole grain penne) 1 c. Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Low-fat vanilla yogurt 1/2 c. Fresh strawberries Milk | Whole Grain Purple Power Bean Wrap Low-fat String Cheese 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh pineapple chunks Milk | Cheeseburger salad wrap on Whole grain tortilla 1/2 c. Pasta Salad 1/2 c. Seasoned carrots 1/2 c. Mandarin oranges Milk | Chicken Quesadilla on whole grain tortilla Salsa w/ whole grain Tortilla Chips 1/2 c. Refried beans 1/2 c. Fresh honeydew Milk | Hot Italian Sub on Whole Grain Bun 1/2 c. Green Beans 1/2 c. Sweet corn 1/2 c. Fresh apple slices Milk |
| Week 4 | Mexican Pizza 1/2 c. Whole grain rice 1/2 c. Seasoned Broccoli 1/2 c. Seasoned carrots 1/2 c. Fresh Grapes Milk | Chicken Penne w/ whole grain penne pasta Whole Grain roll 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) Fruit Salad (Banana, Apple, Grape) Low-Fat Vanilla yogurt Milk | Turkey Ham & Cheese Sub on Whole Grain Roll 1 c. Strawberry Spinach Salad 1/2 c. Potato wedges 1/2 c. Apple Slices Milk | Mozzarella crusted Pollock 1/2 c. Whole Grain Rice 1/2 c. Seasoned Corn 1/2 c. Red Pepper slices w/ 1/2 c. Hummus 1/2 c. Applesauce Milk | Veggie Burger on a whole wheat bun Tasty Sweet Potato Tots 1/2 c. Green Beans Whole Banana Milk |
| Week 5 | Sweet & Sour Chicken Nuggets 1/2 c. Sweet Corn 2/3 c. Baked Beans 1/2 c. Mandarin Oranges Whole grain Blueberry muffin Milk | Meatball sub 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh Grapes Milk | Pork Salad Wrap on Whole Grain tortilla 1/2 c. Mashed potatoes 1/2 c. Fresh pineapple chunks Milk | Cheese Pizza 1 c. Tossed Salad 1/2 c. Seasoned Green Beans 1/2 c. Fresh strawberries Milk | Beef and Bean Burrito Whole grain tortilla chips & 1/4 c. Salsa 1/2 c. Carrots w/ 1 Tbsp. Low-fat Ranch dip 1/2 c. Fresh honeydew Milk |

***1% Unflavored milk and Non-fat/Skim Flavored Milk offered as daily milk options

Spring Lunch Menu- Week 1 Breakdown • Grades K-5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | ACTUAL | REQUIRED |
|---|---|---|---|--|---|---|-------------------|
|  | Whole Grain Crunchy 1/2 Hawaiian Chicken wrap 2/3 c. Sweet potato soufflé 1/2 c. Green Peas 1/2 c. Fresh Honeydew Milk | Chicken Fajita Stir Fry (3/4 cup) 1/2 c. Whole grain Rice 1/2 c. Sesame Broccoli 1/2 c. Carrots w/ 2 Tbsp. Low-Fat Ranch dressing 1/2 c. Fresh Pineapple Milk | Sloppy Joe on whole wheat bun 1/2 c. Red Pepper slices w/ 1/2 c. Hummus 2/3 c. Baked Beans 1/2 c. Fresh strawberries Milk | Whole Grain Rotini & Meat Sauce Whole Grain Roll Mozzarella cheese stick 1/2 c. Sautéed Kale 1/2 c. Pear Cup Milk | Cheese Pizza with whole grain crust 1/2 c. Potato Salad 1 c. Tossed Salad (romaine lettuce, tomato, mushroom, cucumber) Whole Banana Milk | | |
| Fruits | Honeydew =1/2 cup | Pineapple= 1/2 cup | Strawberries 1/2 cup | Pears= 1/2 cup | Large banana= 1 cup | 3 cups | 2 1/2 cups |
| Vegetables | | | | | | | |
| Dark Green | Hawaiian wrap (fresh spinach)= 1/8 cup | Broccoli= 1/2 cup | | Sautéed Kale= 1/2 cup | 1 cup Romaine lettuce=1/2 cup eq. | 1 5/8 cups | 1/2 cup |
| Red/Orange | Sweet Potato soufflé: 1/2 cup Chicken Wrap (carrots)= 1/4 cup | Stir Fry (butternut squash; red pepper)= 3/8 cup Carrots= 1/2 cup | Red pepper=1/4 cup Sloppy Joe (tomato paste)= 1/4 cup | Meat sauce (tomato)= 1/2 cup | Cherry Tomatoes= 1/4 cup | 2 7/8 cups | 3/4 cup |
| Beans/Peas (Legumes) | | | Baked beans=1/2 cup Hummus (chickpeas)=1/4 cup | | | 3/4 cup | 1/2 cup |
| Starchy | Green peas= 1/2 cup | Stir Fry (corn)= 1/8 cup | | | Potato salad= 1/4 cup | 7/8 cup | 1/2 cup |
| Other | Wrap= 1/8 cup | Stir Fry (onions)=1/4 cup | | | Salad (Cucumber=1/8 cup & mushroom 1/8 cup) | 5/8 cup | 1/2 cup |
| Total Vegetable | | | | | | 6 3/4 cups | 3 3/4 cups |
| Grains* | Hawaiian wrap= 3/4 oz. Oatmeal cookie: 1 oz. eq. | Stir Fry Rice= 1 oz.-eq. | Whole grain bun= 1.5 oz. | Whole grain roll =1.5 oz. Rotini=1 oz. eq. | Pizza crust =2 oz. | 8 3/4 oz. eq. 8 3/4 oz. = whole grain-rich | 8-9 oz. eq |
| Meat/Meat Alternate | Hawaiian wrap (chicken) 1 oz. | Stir Fry (chicken)= 1 1/4 oz. | Sloppy joe: 2 oz. eq. | Meat sauce: 2 oz. eq. Cheese stick 1 oz. | Pizza: 2 oz. | 9 1/4 oz. eq. | 8-10 oz. |
| Milk | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup | 5cups | 5 cups |

* All grains must be whole grain-rich

Week 1 Average Nutrient Breakdown

| Dietary Specifications | Actual | Required |
|------------------------|--------------|---------------------|
| Calories | 652.11 kcals | 550-650 kcals |
| Sodium | 886.13 mg | ≤ 1230 mg |
| Saturated Fat | 6.4% | < 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>Crunchy Hawaiian Chicken Wrap</u> | <u>Rotini and Meat Sauce</u> |
| <u>Sweet Potato Soufflé</u> | <u>Baked Beans</u> |
| <u>Chicken Fajita Stir Fry</u> | <u>Cheese Pizza</u> |
| <u>Sesame Broccoli</u> | <u>Tossed Salad</u> |
| <u>Sloppy Joe</u> | <u>Potato Salad</u> |
| <u>Rice Pilaf</u> | |

Summary of USDA Foods

Grains

Whole Grain Tortilla
Rice, Whole grain
Roll, Whole grain
Rotini, Whole grain
String Cheese

Vegetables

Sweet potato, canned
Green Peas
Vegetarian Beans
Carrots, fresh
Potatoes

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef
Cheese Stick

Fruits

Fresh Apple Slices
Fresh Pears
Applesauce

Produce Pricing: Coming Soon!

Conventional

Local

Spring Lunch Menu- Week 2 Breakdown • Grades K-5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | ACTUAL | REQUIRED |
|---|--|---|---|---|--|--|--------------------|
|  | Chicken Alfredo w/a Twist 1 c. Tossed Salad (Romaine lettuce, tomato, cucumber, mushroom) 1/2 c. Fresh Grapes Milk | 1 c. Whole Grain Rain- bow Rice 1/2 c. Broccoli Salad Tasty Sweet Potato Tots 1/2 c. Mandarin Orang- es | All Beef Hot dog on whole grain bun 1/2 c. Green beans 1/2 c. Potato salad Whole Banana Milk | Southwest Burrito on whole grain tortilla 1/2 cup sweet corn 1/2 c. Applesauce Milk | Santa Fe Wrap (1/2 wrap) 1/2 c. Whole Grain Rice 1/2 c. Seasoned carrots 1/2 c. Baked beans 1/2 c. Fresh pineapple chunks Whole Grain Oatmeal Cookie Milk | | |
| Fruits | Grapes= 1/2 cup | Mandarin oranges= 1/2 | Banana= 1 cup | Applesauce= 1/2 cup | Fresh pineapple= 1/2 cup | 3 cups | 2 1/2 cups |
| Vegetables | | | | | | | |
| Dark Green | 1 cup Romaine lettuce= 1/2 cup eq. | Broccoli salad= 1/2 c up Rainbow Rice (spinach)= 1/8 cup | | | | 1 5/8 cups | 1/2 cup |
| Red/Orange | Cherry tomato= 1/4 cup | Rainbow Rice (carrots; red pepper)= 1/8 cup 3 Tasty tots (sweet pota- to)= 1/5 cup | | | Carrots= 1/2 cup | 1 1/4 cup | 3/4 cup |
| Beans/Peas (Legumes) | | | | | Baked beans= 1/2 cup | 1/2 cup | 1/2 cup |
| Starchy | | | Potato salad= 1/2 cup | Sweet corn= 1/2 cup | | 1 cup | 1/2 cup |
| Other | Salad (Cucumber= 1/8 cup & Mushroom= 1/8 cup) | Tasty tots (green onion; chickpeas)= 1/4 cup | Green beans= 1/2 cup | Burrito (green peppers; onions)= 1/2 cup | Santa Fe (corn)= 1/4 cup | 1 3/4 cup | 1/2 cup |
| Total Vegetable | | | | | | 6 1/8 cup | 3 3/4 cups |
| Grains* | Chicken alfredo= 1 oz. | Rainbow Rice= 2 oz. | Whole grain bun= 1.5 oz. | Burrito tortilla = 1.75 oz. | Santa Fe tortilla = 0.75. 1/2 cup Rice= 1 oz. Whole grain cookie= 0.5 oz. | 8 1/4 oz. 8 1/4 =whole grain rich | 8-9 oz. eq. |
| Meat/Meat Alternate | Chicken alfredo= 2 oz. | Rainbow Rice= 2 oz. eq. | Hot dog= 2 oz. | Burrito= 2 oz. | Santa fe wrap= 2 oz. | 10 oz. eq. | 8-10 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 | 638.45 kcals | 550-650 kcals |
| Sodium | 964.69 mg | ≤ 1230 mg |
| Saturated Fat | 5.91% | < 10% of total kcal |
| Trans Fat | 0 grams | 0 grams |

HUSC 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 Alfredo with a Twist</u> | <u>Southwest Burrito</u> |
| <u>Rainbow Rice</u> | <u>Potato Salad</u> |
| <u>Taco Salad</u> | <u>Marinated Black Bean Salad</u> |
| <u>Tossed Salad</u> | <u>Santa Fe Wrap</u> |
| <u>Broccoli Salad</u> | <u>Baked Beans</u> |
| <u>Sweet Potato Tasty Tots</u> | <u>Whole Grain Oatmeal Cookie</u> |

Summary of USDA Foods

Grains

Roll, Whole grain
Rotini, Whole grain
Rice, Whole grain
Tortilla, whole grain

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef
Pork

Vegetables

Sweet Potato, canned
Green Peas
Green Beans
Vegetarian Beans
Carrots, fresh
Sweet Corn

Fruits

Fresh Apple Slices
Peach cup
Fresh Pears
Oranges, fresh
Applesauce

Produce Pricing: Coming Soon!

Conventional

Local

Spring Lunch Menu- Week 3 Breakdown • Grades K-5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | ACTUAL | REQUIRED |
|--|--|---|---|---|---|--|---------------------|
|  | Oodles of Noodles (Whole grain penne) 1 c. Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Low-fat vanilla yogurt 1/2 c. Fresh strawberries Milk | Purple Power Bean Wrap Mozzarella Cheese stick 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh pineapple chunks Milk | Cheeseburger salad wrap 1/2 c. Pasta Salad 1/2 c. Seasoned carrots 1/2 c. Mandarin oranges Milk | Whole Grain Chicken Quesadilla Salsa and whole grain Tortilla Chips Refried beans (1/2 cup) Fresh honeydew (1/2 cup) Milk | Hot Italian Sub on whole grain roll 1/2 c. Green Beans 1/2 c. Sweet corn 1/2 c. Fresh apple slices Milk | | |
| Fruits | Strawberries= 1/2 cup | Pineapple= 1/2 cup | Mandarin oranges= 1/2 cup | Honeydew= 1/2 cup | Fresh apricot= 1/2 cup | 2 1/2 cups | 3 1/4 cups |
| Vegetables | | | | | | | |
| Dark Green | 1 cup Romaine lettuce= 1/2 cup eq. | Broccoli= 1/2 cup Purple power wrap (= 1/8 cup) | Cheeseburger salad wrap (romaine lettuce)= 1/2 cup | | | 1 5/8 cup | 1/2 cup |
| Red/Orange | Cherry tomato= 1/4 cup Oodles of noodles (grape tomato)= 1/8 cup | Tasty tots (sweet potato)= 3/8 cup | Cheeseburger salad wrap (tomato)= 1/4 cup | Salsa= 1/4 cup | | 1 1/4 cup | 3/4 cup |
| Beans/Peas (Legumes) | | | | Refried beans= 1/2 cup | | 1/2 cup | 1/2 cup |
| Starchy | | | | | Sweet corn= 1/2 cup | 1/2 cup | 1/2 cup |
| Other | Salad (Cucumber= 1/8 cup & Mushroom= 1/8 cup) Oodles of noodles (Swiss Chard) = 1/8 cup | Purple power wrap (Purple Cabbage)= 1/8 cup Tasty Tots (onion & chick-peas)= 1/4 cup | Cheeseburger wrap (red onion)= 1/4 cup | Quesadilla (onion)= 1/4 cup | Green beans= 1/2 cup | 1 3/4 cup | 1/2 cup |
| Total Vegetable | | | | | | 5 5/8 cups | 3 3/4 cups |
| Grains* | Penne pasta= 2 oz. eq. | Purple power wrap= 3/4 oz. | Cheeseburger wrap= 1.75 oz. | Quesadilla= 1.5 oz. Tortilla chips= 1 oz. | Sub roll= 2 oz. 2 oz. whole grain rich | 9 oz. 9 oz. =whole grain rich | 8-10 oz. eq. |
| Meat/Meat Alternate | Yogurt= 1 oz. | Purple power wrap= 3/4 oz. Cheese stick= 1 oz. | Cheeseburger wrap= 1.75 oz. | Chicken quesadilla= 2 oz. | Italian sub= 2 oz. | 8 1/2 oz. | 9-10 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 | 645.67 kcals | 550-650 kcals |
| Sodium | 1090.52 mg | ≤ 1230 mg |
| Saturated Fat | 4.99 % | < 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

Oodles of Noodles Cheeseburger Salad Wrap
Purple Power Bean Wrap Chicken Quesadilla
Tossed Salad Hot Italian Sub
Sweet Potato Tasty Tots
Pasta Salad

Summary of USDA Foods

Grains

Roll, Whole grain
Tortilla, whole grain

Vegetables

Sweet potato, canned
Green Peas
Green Beans
Sweet corn
Carrots, fresh

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef
Cheese Stick

Fruits

Fresh Apple Slices
Peach cup
Fresh Pears
Oranges, fresh
Applesauce

Produce Pricing: Coming Soon!

| Conventional | Local |
|--------------|-------|
| | |

Spring Lunch Menu- Week 4 Breakdown • Grades K-5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | ACTUAL | REQUIRED |
|---|--|---|---|---|---|---|-------------------|
|  | Mexican Pizza 1/2 c. Whole grain rice 1/2 c. Seasoned Broccoli 1/2 c. Seasoned carrots 1/2 c. Fresh Grapes Milk | Chicken Penne w/ whole grain penne pasta Whole Grain roll 1 c. Tossed Salad Fruit Salad (Banana, Apple, Grape) Low-Fat Vanilla yogurt Milk | Turkey Ham and Cheese Sub on Whole Grain Roll 1 c. Strawberry Spinach Salad 1/2 c. Potato wedges 1/2 c. Apple Slices Milk | Mozzarella crusted Pollock 1/2 c. Whole Grain Rice 1/2 c. Seasoned Corn 1/2 c. Red Pepper slices w/ 1/2 c. Hummus 1/2 c. Applesauce Milk | Veggie Burger on a whole wheat bun Tasty Sweet Potato Tots 1/2 c. Green Beans Whole Banana Milk | | |
| Fruits | Grapes= 1/2 cup | Fruit salad=Mandarin Oranges, Grapes, Apple, Banana= | Apple slices= 1/2 cup Strawberry and mandarin | Applesauce= 1/2 cup | Sliced peaches= 1/2 cup | 3 cups | 2 1/2 cups |
| Vegetables | | | | | | | |
| Dark Green | Seasoned broccoli= 1/2 cup | 1 cup Romaine lettuce= 1/2 cup | 1 cup spinach = 1/2 cup eq. | | | 1 7/8 cup | 1/2 cup |
| Red/Orange | Seasoned carrots= 1/2 cup Mexican pizza (= 1/8 cup) | Cherry tomato= 1/4 cup | | Red pepper slices= 1/4 cup | Tasty Tots= 3/8 cup | 1 1/2 cup | 3/4 cup |
| Beans/Peas (Legumes) | | | | Hummus= 1/2 cup | | 1/2 cup | 1/2 cup |
| Starchy | Mexican pizza (corn)= 1/8 | | Potato wedges=1/2 cup | Seasoned corn= 1/2 cup | | 1 1/8 cup | 1/2 cup |
| Other | Mexican pizza= 1/8 cup | Cucumber= 1/8 cup Mushroom= 1/8 cup | | | Green beans= 1/2cup | 1 1/8 cup | 1/2 cup |
| Total | | | | | | 6 1/8 cups | 3 3/4 cups |
| Grains* | Mexican pizza– 1/2 oz. Whole grain rice= 1 oz. | Chicken penne= 1 3/4 oz. | Sub roll= 2oz. | Whole grain rice= 1 oz. | Hamburger bun= 2 oz. | 8 1/4 oz. eq. 8 1/4 whole grain rich | 8-9 oz. eq |
| Meat/Meat Alternate | Mexican pizza= 1 1/4 oz. | Chicken penne= 1 oz. Yogurt= 1 oz. | Turkey ham and cheese= 2 oz. | Pollock= 2 oz. | Turkey burger 2 oz. Cheese= 1 oz. | 9 1/4 oz. | 8-10 oz. |
| Milk | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup | 5cups | 5 cups |

* All grains must be whole grain-rich

Week 4 Average Nutrient Breakdown

| Dietary Specifications | Actual | Required |
|------------------------|--------------|---------------------|
| Calories | 642.69 kcals | 550-650 kcals |
| Sodium | 947.52 mg | ≤ 1230 mg |
| Saturated Fat | 5.83 % | < 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

Mexican Flatbread (Eagle Pizza) Spinach Strawberry Salad
Chicken Penne Mozzarella Crusted Pollock
Tossed Salad Ranch Potato Wedges
Brown Rice Pilaf Tasty Sweet Potato Tots
Toasted Turkey Ham & Cheese

Summary of USDA Foods

Grains

Roll, Whole grain
Rice, Whole grain
Tortilla, Whole grain

Vegetables

Sweet potato, canned
Green Peas
Green Beans
Carrots, fresh
Sweet corn

Meat/ Meat Alternate

Turkey
Chicken
Ground Beef

Fruits

Fresh Apple Slices
Peach cup
Fresh Pears
Oranges, fresh
Applesauce

Produce Pricing: Coming Soon!

| Conventional | Local |
|--------------|-------|
| | |

Spring Lunch Menu- Week 5 Breakdown • Grades K-5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | ACTUAL | REQUIRED |
|---|---|---|---|--|---|---|--------------------|
|  | Sweet & Sour Chicken Nuggets 1/2 c. Sweet Corn 2/3 c. Baked Beans 1/2 c. Mandarin Oranges Whole grain Blueberry muffin Milk | Meatball sub 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Fresh Grapes Milk | Pork Salad Wrap 1/2 c. Mashed potatoes 1/2 c. Fresh pineapple chunks Milk | Cheese Pizza 1 c. Tossed Salad 1/2 c. Seasoned Green Beans 1/2 c. Fresh strawberries Milk | Beef and Bean Burrito Whole grain tortilla chips & 1/4 c. Salsa 1/2 c. Carrots w/ 1 Tbsp. Low-fat Ranch dip 1/2 c. Fresh honeydew Milk | | |
| Fruits | Mandarin Oranges= 1/2 cup | Grapes= 1/2 cup | Pineapple = 1/2 cup | Strawberries= 1/2 cup | Honeydew-= 1/2 cup | 3 cups | 2 1/2 cups |
| Vegetables | | | | | | | |
| Dark Green | | Seasoned broccoli= 1/2 cup | Pork Salad wrap (Romaine lettuce) = 1/4 cup | Romaine lettuce= 1 cup= 1/2 cup eq. | | 1 1/4 cup | 1/2 cup |
| Red/Orange | | Tasty tots (sweet potato)= 3/8 cup Meatball= 1/4 cup | | Cherry tomato= 1/4 cup | Carrots= 1/2 cup Salsa= 1/4 cup | 1 2/3 cup | 3/4 cup |
| Beans/Peas (Legumes) | Baked beans= 1/2 cup | | | | Bean burrito (Refried beans)= 1/8 cup | 5/8 cup | 1/2 cup |
| Starchy | Sweet corn = 1/2 cup | | Mashed potatoes= 1/2 cup | | | 1 cup | 1/2 cup |
| Other | | Tasty tots (onion & chick-peas)= 1/4 cup | | Salad (Cucumber= 1/8 cup & Mushrooms= 1/8 cup) Green beans= 1/2 cup | | 7/8 cup | 1/2 cup |
| Total Vegetable | | | | | | 5 4/9 cup | 3 3/4 cups |
| Grains* | Blueberry muffin= 1 oz. | Sub roll= 2 oz. eq. | Pork salad wrap= 2 oz. eq. | Pizza= 2 oz. | Burrito= 1.5 oz. Whole grain tortilla chips= 0.5 oz. | 8.5 oz. 8.5 oz.=whole grain rich | 8-9 oz. eq. |
| Meat/Meat Alternate | Chicken nuggets= 2 oz. | Meatballs= 1.5 oz. | Pork salad wrap= 1.75 oz. | Pizza= 2 oz. | Burrito= 2 oz. eq. | 9 1/4 oz. | 8-10 oz. |
| Milk | 1 cup | 1 cup | 1 cup | 1 cup | 1 cup | 5cups | 5 cups |

* All grains must be whole grain-rich

Week 5 Average Nutrient Breakdown

| Dietary Specifications | Actual | Required |
|------------------------|--------------|---------------------|
| Calories | 648.62 kcals | 550-650 kcals |
| Sodium | 1160.116 mg | ≤ 1230 mg |
| Saturated Fat | 5.06 % | < 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

[Sweet And Sour Chicken Nuggets](#) [Pork Salad Wrap](#)
[Baked Beans](#) [Cheese Pizza](#)
[Meatball sub](#) [Beef and Bean Burrito](#)
[Tossed Salad](#) [Pasta Salad](#)
[Blueberry Oat Muffin](#)
[Tasty Sweet Potato Tots](#)

Summary of USDA Foods

Grains

[Roll, Whole grain](#)
[Rice, Whole Grain](#)
[Rotini, Whole grain](#)
[Tortilla, Whole grain](#)

Meat/ Meat Alternate

[Turkey](#)
[Chicken](#)
[Beef Patty](#)
[Cheddar Cheese](#)

Vegetables

[Sweet potato, canned](#)
[Green Peas](#)
[Green Beans](#)
[Carrots, fresh](#)
[Potato Wedges](#)
[Sweet corn](#)
[Vegetarian Beans](#)

Fruits

[Fresh Apple Slices](#)
[Peach cup](#)
[Fresh Pears](#)
[Oranges, fresh](#)
[Applesauce](#)

Produce Pricing: Coming Soon!

Conventional

Local