



WEEK 1 – LUNCH

JANUARY, 2020 – SEPTEMBER, 2020

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

dressing



WEEK 2 – LUNCH JANUARY, 2020 – SEPTEMBER, 2020

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



WEEK 3 – LUNCH

JANUARY, 2020 – SEPTEMBER, 2020

DAY	MENU	SERVING SIZE	COMMENTS
MON.	Power veggie beef & chicken stew	1/2 cup	
	[¾ oz chicken, ¾ oz beef]		
	Spinach salad	1/4 cup	Strawberry dressing
	Whole wheat bread/butter	½ slice	
	Fruit - banana or pears	1/4 cup	
	Milk 1% fluid	¾ cup	
TUES. serves 20	Turkey meatloaf [2 oz turkey]	1 slice	1 loaf
	Mashed sweet potatoes	3/8 cup	ketchup
	Whole wheat bread/butter	1/2 slice	
	Fruit - oranges or melon	1/4 cup	
	Milk 1% fluid	¾ cup	
WED.	Dirty brown rice with beef	1/2 cup	
	[(Beef 1 ½ oz), (brown rice, whole grain quinoa and farrow – ¼ cup serving)]		
	Apple coleslaw	3/8 cup	coleslaw dressing
	Fruit - oranges or apples	1/4 cup	
	Milk 1% fluid	¾ cup	
THUR.	Black bean, corn, chicken & cheese quesadilla	1 slice	1/6 of a whole
	quesadilla		
	(½ oz cheese, 1 oz chicken, whole grain tortilla 1.1 oz)		
	Green beans	1/4 cup	
	Fruit – oranges or nectaries	1/4 cup	
	Milk 1% fluid	¾ cup	
FRI.	Homemade lasagna	¾ cup	1 pan serves 30
	[Enriched, fortified noodles	½ cup	
	Tomato sauce		
	Cheese 1 1/2 oz]		
	Tossed salad	3/8 cup	1000 island dressing
	Fruit - apples or strawberries	1/4 cup	
	Milk 1% fluid	¾ cup	



WEEK 4 – LUNCH JANUARY, 2020 – SEPTEMBER, 2020

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



WEEK 5 - LUNCH

JANUARY, 2020 – SEPTEMBER, 2020

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