

**WEEK 1 – LUNCH October 2022 – September 2023**

**DAY MENU SERVING SIZE COMMENTS**

**MON. Turk-a-roni**

**[Enriched whole wheat macaroni 3/8 cup**

**Meat sauce (1 oz ground turkey)] 3/8 cup**

**Grated cheese 1/2 oz**

**Southwest salad 3/8 cup southwest dressing**

**Fruit - strawberries or plums 1/4 cup**

**Milk 1% fluid 3/4 cup**

**TUES. Whole wheat Pizza 1 slice**

**[cheese 1 1/2 oz, 1oz whole wheat pizza crust] 1 pan serves 15**

**Garden salad 3/8 cup Ranch dressing**

**Fruit - melon or apple 1/4 cup**

**Milk 1% fluid 3/4 cup**

**WED. Chicken patty 1 each Ketchup**

**(2 oz chicken each patty)**

**-or-**

**Chicken nuggets [.6 oz each 4 each**

**(.4 oz chicken each nugget)]**

### Potato cheese or Tuscan bean Soup

### [1/4 c vegetable, 1/4 oz cheese] 1/2 cup

**Whole wheat bread/butter ½ slice**

**Fruit – melon or apple 1/4 cup**

**Milk 1% fluid 3/4 cup**

**THUR. Cheese manicotti ¼ of a whole**

**[1/4 cup enriched noodles, tomato sauce**

**Cheese 1 1/2 oz, ¼ whole egg]**

**Winter vegetable blend 1/4 cup**

**Whole wheat bread/butter ½ slice**

**Fruit – banana or plums 1/4 cup**

**Milk 1% fluid 3/4 cup**

**FRI. Beans & Rice (whole grain)**

**Dried beans 3/8 cup**

**Brown Rice 1/4 cup**

**Tossed salad 3/8 cup Southwest dressing**

**Tortilla – 6” 1 each**

**Fruit – bananas or plums 1/4 cup**

**Milk 1% fluid 3/4 cup**



**WEEK 2 – LUNCH October 2022 – September 2023**

**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 October 2022 – September 2023**

**DAY MENU SERVING SIZE COMMENTS**

**MON. Power veggie beef & chicken stew 1/2 cup**

**[¾ oz chicken, ¾ oz beef]**

**Spinach salad 3/8 cup Strawberry dressing**

**Whole wheat bread/butter ½ slice**

**Fruit - banana or pears 1/4 cup**

**Milk 1% fluid 3/4 cup**

**TUES. Turkey meatloaf [2 oz turkey] 1 slice 1 loaf serves 20**

**Mashed sweet potatoes 3/8 cup ketchup**

**Whole wheat bread/butter 1/2 slice**

**Fruit - oranges or melon 1/4 cup**

**Milk 1% fluid 3/4 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 3/4 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 3/4 cup**

**FRI. Homemade lasagna 1/2 cup**

**[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 3/4 cup**



**WEEK 4 – LUNCH October 2022 – September 2023**

**DAY MENU SERVING SIZE COMMENTS**

**MON. Ziti with chicken sausage**

**& tomato sauce**

**[Ziti noodles-enriched & fortified**

**Whole wheat] 3/8cup**

**Tomato & meat sauce-1 oz chicken] 3/8 cup**

**Grated cheese 1/2 oz**

**Tossed salad 3/8 cup Ranch dressing**

**Fruit - nectarines or oranges 1/4 cup**

**Milk 1% fluid 3/4 cup**

**TUES . Chicken chili 1/2 cup**

**(1 1/2 oz chicken)**

**Broccoli salad w/ cheddar cheese 3/8 cup Broccoli dressing**

**Whole wheat bread/butter 1/2 slice**

**Fruit - melon or apples 1/4 cup**

**Milk 1% fluid 3/4 cup**

**WED. Cheese ravioli w/olive oil & tomato**

**(1 1/2oz cheese, ¼ c pasta) 4 each**

# Peas 1/4 cup

**Parmesan cheese 1/4 oz**

**Fruit - apples or plums 1/4 cup**

**Milk 1% fluid 3/4 cup**

**THUR. Hamburger slider patty (2 oz meat)1 each Ketchup**

**Bean medley 1/4 cup**

**Roll (2 oz whole wheat) 1 each**

**Fruit - bananas or melon 1/4 cup**

**Milk 1% fluid 3/4 cup**

**FRI. BBQ chicken leg (2 oz chicken) 1 each**

**California blend vegetables 1/4 cup**

**Whole wheat bread/butter 1/2 slice**

**Fruit - nectarines or melon 1/4 cup**

**Milk 1% fluid 3/4 cup**



**WEEK 5 - LUNCH October 2022 – September 2023**

**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. Whole grain Cheese Melt 1 slice 1 pan serves 15**

**[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. Shepherd’s Pie (1 ½ oz ground beef) 3/4 cup 1 pan feeds 30**

**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**