



WEEK 1 – LUNCH January, 2022 – September, 2022

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	1/2 slice	
Fruit – melon or apple	1/4 cup		
	Milk 1% fluid	3/4 cup	
THUR.	Cheese manicotti	1/4 of a whole	
	[1/4 cup enriched noodles, tomato sauce		
	Cheese 1 1/2 oz, 1/4 whole egg]		
	Winter vegetable blend	1/4 cup	
	Whole wheat bread/butter	1/2 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 January, 2022 – September, 2022

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, 2022 – September, 2022

DAY	MENU	SERVING SIZE	COMMENTS
MON.	Power veggie beef & chicken stew	1/2 cup	
	[³/₄ oz chicken, ³/₄ oz beef]		
	Spinach salad	3/8 cup	Strawberry dressing
	Whole wheat bread/butter	1/2 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 1/2 oz), (brown rice, whole grain quinoa and farrow – 1/4 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
	(1/2 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	3/4 cup	1 pan serves 30
	[Enriched, fortified noodles	1/2 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

January, 2022 – September, 2022

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 1/2 oz chicken)	1/2 cup	
	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

January, 2022 – September, 2022

DAY	MENU	SERVING SIZE	COMMENTS
MON.	Turkey Sloppy Joe (2 oz ground turkey)	3/8 cup	
	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 1/2 oz cheese, 1 oz whole wheat pizza crust]	1 slice	1 pan serves 15
	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 1/2 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	