

Updated: 7/28/15

WEEK I MENU CYCLE SY 15-16

Choice of Milk (8oz) is served daily (1% or Fat Free) at breakfast & lunch.

Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R K F A S T	Sausage & Gravy Pizza – 3.25oz Apple Slices – ½ cup Orange Juice – 4 oz	Apple Sweet Roll – 1 ea Cheese Stick – 1 ea Grapes – ½ cup Apple Juice – 4 oz	Breakfast Burrito – 3.5 oz Salsa – 1oz Orange Slices – ½ cup Grape Juice – 4 oz	Cereal – 1 ea Banana – 1 ea Yogurt – 4 oz Orange Juice – 4 oz	Sausage Biscuit – 1 Patty/2.51 oz Apple Slices – ½ cup Jelly – 1 pk Grape Juice – 4 oz	French Toast Sticks – 4 ea Syrup – 1 ea Yogurt – 4 oz Grapes – ½ cup Apple Juice – 4 oz	Sunrise Flatbread – 2.44 oz Salsa – 1oz Orange Slices – ½ cup Grape Juice – 4 oz
L U N C H	Chicken Burrito* 2 shells (6") each w/ chopped lettuce & diced tomato ½ cup Brown Rice – ½ cup Salsa – 1 oz Jalapenos – 1/8 cup FF Sour Cream – 1 pk Seasoned Black beans – ½ cup Tropical Fruit Salad – 1 cup	Hamburger 4oz on WW Bun – 1 each Tomato – 1 slice, Lettuce – 1 slice, & Pickle – 2 slice (total ¼ cup) Ketchup – 1 pk Mustard – 1 pk Steamed Broccoli -½c Sweet Potato Tots – ¾c Watermelon – 1 cup	Grilled Chicken Filet 4 oz on WW Bun – 1 each Lite Mayo – 1 ea Mustard – 1 ea Lettuce – 1 slice Tomato – 1 slice Baby Carrots – ½ cup w/ Lite Ranch – 1 pk Seasoned Green Beans* – ½ cup Strawberries & Bananas* – 1 cup	BBQ Riblet 3 oz on WW Bun – 1 each Tri Taters – 1 each Ketchup – 1 pk Romaine Salad* - 1 cup Lite Ranch – 1 pk Chilled Mandarin Orange Segments – 1 cup	Fish Nuggets – 4 each Ketchup – 1 pk Tartar Sauce – 1 pk Coleslaw* – ½ cup Seasoned Field Peas* – ½ cup Rosy Pears* – 1 cup WW Roll – 2 oz	Chili Con Carne* - 6 oz ladle Grilled Cheese 1 sl on WW Bread – 1 each Celery Sticks – ½ cup Chilled Peaches – 1 cup	Oven Fried Chicken* – 2 thighs 5.5 oz Mashed Potatoes* – ½ cup Seasoned Turnip Greens* – ½ cup Melon Cup – 1 cup Cinnamon Elf Grahams – 1 oz WW Roll – 2 oz
D I N N E R	Philly Cheese Steak Sandwich* – 1 each Onion Rings – 6 ea Ketchup – 1pkt Seasoned Green Beans* - ½ cup Jello Poke Cake Square* – 1 each Fruit Punch – 8 oz	Chicken Stir Fry * – ¾ cup Veggie Egg Roll – 1 each Sweet & Sour Sauce - 1pk Brown Rice – ½ cup Chilled Sliced Peaches – ½ cup Sugar Cookie – 1 each Fruit Punch – 8 oz	Oven Fried Fish – 3 oz Rice Pilaf * – 4 oz Baked Beans* – ½ cup Jell-O w/ Fruit cocktail* – ½ cup Chocolate Frosted Cake Square* – 1 each Fruit Punch – 8 oz	Beef & Mac Casserole* - 6oz Sweet Potatoes & Apples* - ½ cup Honeydew Cubes – ½ cup WW Roll – 2 oz Sherbet Cup – 1 ea Fruit Punch – 8 oz	Salisbury Steak – 4 oz w/ Brown Sauce & Mushrooms* – 1/8 cup Mac & Cheese* – 2/3 cup (#6 scoop) Steamed Spinach – ½ cup Chilled PA Tidbits – ½ cup WG Biscuit – 2.51 oz Oatmeal Raisin Cookie – 1 ea Fruit Punch – 8 oz	Chicken & Sausage Jambalaya* – 8 oz Corn on the Cob – 1 ea Steamed California Veggies – ½ cup Brownie – 1 ea WW Roll – 2 oz Fruit Punch – 8 oz	Pancakes – 2 each Lite Syrup – 1 pk Butter – 1 pk Turkey Bacon – 3 pieces Scrambled Eggs* – ½ cup Spiced apples* – ½ cup Fruit Punch – 8 oz

“USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.”

*Denotes recipe attached.

Lauren Gear, RD, LD 7/28/15

Stephanie Vera, MS, RD, LD 7/28/15

Updated: 7/28/15

WEEK II MENU CYCLE SY 15-16

Choice of Milk (8oz) is served daily (1% or fat free) at breakfast & lunch.

Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Power Bread – 1 ea Yogurt – 4 oz Orange Slices – ½ cup Apple Juice – 4 oz	Chicken Biscuit – 2 oz/2.51 oz Blueberries – ½ cup Jelly – 1 ea Grape Juice – 4 oz	Pancake Minis – 1 ea Syrup – 1 ea Apple Slices – ½ cup Sausage Patty – 1 ea Grape Juice – 4 oz	English Muffin Egg Sandwich – 2oz/2oz Yogurt – 4 oz Jelly – 1 pk Orange Slices – ½ cup Apple Juice - 4 oz	Scrambled Eggs – ½ cup Blueberry Muffin – 1 ea Sausage Patty – 1 ea Grapes – ½ c Orange Juice – 4 oz	Croissant Sandwich w Egg & Ham – 1.25oz/1.5oz/2oz Banana – ½ cup Apple Juice – 4 oz	Banana Bread Oatmeal – 1 Serving Apple Slices – ½ cup Cheese Stick – 1 ea Grape Juice – 4 oz
L U N C H	Chicken Chop Suey* - ¾ cup Brown Rice – ½ cup Creamy Coleslaw* – ¼ cup Cooked Carrots* – ½ c Chilled Pineapple – 1 cup WW Roll – 2 oz	Meatball (4 ea) Sub Sandwich on WW Hoagie – 1 each Celery Sticks – ½ cup w/ Lite Ranch – 1 pk Seasoned Baby Lima Beans* – ½ cup Chilled Grapes – 1 c	BBQ Sliders – 2 each Sweet Potato Tots – ¾ cup Steamed Broccoli – ½ cup Honeydew Cubes – 1 cup Chocolate Pudding – ½ cup	Roast Beef Sandwich on WW bun – 3oz/1 ea Cheese Sauce – 1 oz Spinach Salad* – 1 cup Italian Dressing – 1 pk Oven Baked Fries – ½ cup Ketchup – 1 ea Fresh Apple Wedges – 1 cup	Cheeseburger 4 oz on WW Bun – 1 each Lettuce – 1 slice, tomato – 1 slice & Pickle – 2 slice (total ¼ cup) Ketchup- 1 ea Mustard – 1 ea Carrot Fries* – ½ cup Steamed Cali Veggies – ¾ cup Strawberries & Bananas* – 1 cup	Chicken Tenders – 4 each Honey Mustard Sauce – 1 pk Seasoned Green Beans* – ½ cup Seasoned Summer Corn* - ½ cup Tropical Fruit Salad – 1 cup WW Roll - 2 oz	Baked Ham – 3oz Seasoned Collard Greens* – ½ cup Squash Casserole* – ¾ cup Chilled Cantaloupe – 1 cup WG Biscuit – 2.51oz Banana Pudding – ½ cup
D I N E R	Turkey Pot Pie* - 6oz Spinach Salad* – 1 cup Lite Ranch – 1 pk Chilled Diced Pears – ½ cup WG Biscuit – 2.51 oz Oatmeal Raisin Cookie – 1 each Fruit Punch – 8 oz	Chicken Curry Casserole* - ¾ cup Cucumber Slices – ½ c Garden Salad* - 1 cup w/ Lite Ranch Dressing – 1 pk WG Breadstick – 1 ea Vanilla Ice Cream Cup – 1ea Fruit Punch – 8 oz	Fish Nuggets – 4 each Tartar Sauce – 1 pk Ketchup – 1 pk Corn on the Cob – 1 ea Seasoned Green Beans* – ½ cup WW Roll – 2 oz WW Rice Krispy Square – 1 each Fruit Punch – 8 oz	WG Spaghetti ¾ c Meatballs* – 3 each Steamed Peas & Snaps – ½ c Sliced Peaches – ½ cup Garlic Toast – 1 ea Strawberry Ice Cream Cup – 1 each Fruit Punch – 8 oz	Oven Fried Chicken* – 2 thighs 5.5 oz Broccoli, Cheese & Rice Casserole* - #12 scoop (1/3 cup) Chilled Mandarin Orange Segments – ½ c WG Breadstick – 1 ea Peach Cobbler* – 1 srvg Fruit Punch – 8 oz	Country Fried Steak* – 1 ea Rice – ½ cup & Gravy – 1/8 cup Seasoned Field Peas* – ½ cup Chilled Applesauce – ½ cup Chocolate Chip Cookie – 1 each Fruit Punch – 8 oz	Chicken Fajita* ½ cup on WG Flour Tortilla (10 inch) – 1 tortilla Seasoned Black Beans* – ½ cup Carrot Sticks – ½ cup w/Lite Jalapeno Ranch – 1 pk Chilled Pineapple – ½ cup Sherbet Cup – 1 each Fruit Punch – 8 oz

“USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.”

*Denotes recipe attached.

Lauren Gean, RD, LD 7/28/15

Stephanie Vera, MS, RD, LD 7/28/15

WEEK III MENU CYCLE SY 15-16

Choice of Milk (8oz) is served daily (1% or fat free) at breakfast & lunch.

Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R K F A S T	Sausage & Gravy Pizza – 3.25oz Apple Slices – ½ cup Orange Juice – 4 oz	Apple Sweet Roll – 1 ea Cheese Stick – 1 ea Grapes – ½ cup Apple Juice – 4 oz	Breakfast Burrito – 3.5 oz Salsa – 1oz Orange Slices – ½ cup Grape Juice – 4 oz	Cereal – 1 ea Banana – 1 ea Yogurt – 4 oz Orange Juice – 4 oz	Sausage Biscuit – 1.25 oz/2.51 oz Apple Slices – ½ cup Jelly – 1 pk Grape Juice – 4 oz	French Toast Sticks – 4 ea Syrup – 1 ea Grapes – ½ cup Sausage Patty – 1 ea Apple Juice – 4 oz	Sunrise Flatbread – 2.44 oz Salsa – 1oz Orange Slices – ½ cup Grape Juice – 4 oz
L U N C H	Crunchy Hawaiian Turkey Wrap* – 1 ea Lite Mayo – 1 pk Steamed California Veggies – ½ cup Cumin Roasted Broccoli* – ½ cup Chilled Applesauce – 1 cup	Beef & Bean Burrito – 5.5 oz Salsa – 1 oz FF Sour Cream – 1 pk Seasoned Pintos* – ½ cup Tomato Wedges – ½ cup Strawberries & Bananas* – 1cup	Cheese Pizza – 1 Slice Steamed Peas & Carrots – ½ cup Romaine Salad* – 1 cup FF Italian Dressing – 1 pk Chilled Fruit Cocktail – 1 cup	Fish Sandwich on WW Bun – 1 ea Ketchup – 1 pk Tartar Sauce – 1 pk Black Eyed Peas* – ½ cup Steamed Cabbage – ½ cup Chilled Peach Slices – 1 cup	Buffalo Chicken Bites – 4 each Oven Fries – ½ cup Carrot & Celery Sticks – ½ cup Lite Ranch – 1 pk Melon Cup – 1 cup WW Roll – 2 oz	Beef Vegetable Soup* – 8 oz ladle Grilled Cheese 1 sl on WW Bread – 1 each Sliced Cucumbers – ½ cup Lite Ranch – 1 pk Mixed Berry Bowl* – 1 cup Yogurt – 1 ea (4 oz)	Roast Turkey & Dressing* - 3 oz Gravy – 1/8 cup Cranberry Sauce – 1/8 cup Cooked Carrots – ½ c Seasoned Great Northern Beans* – ½c Ambrosia Fruit Salad* - 1 cup WW Roll – 2oz
D I N N E R	Meatloaf – 4 oz Steamed Spinach – ½ cup Mashed Potatoes – ½ cup Gravy – 1/8 cup Breadstick – 1 ea Fresh Orange Slices – ½ c Sugar Cookie – 1 each Fruit Punch – 8 oz	Teriyaki Chicken* - 4oz WG Brown Fried Rice* - ½ c Steamed Cauliflower & Cheese Sauce* - ½ c Fresh Apple Wedges – ½ c Carrot Cake Square – 1 each Fruit Punch – 8 oz	Chunky Chili* – 8 oz Ranch Sour Cream Potato Wedges – ½ cup Steamed Broccoli – ½ cup Saltine Crackers – 2 pk Apple Cobbler* – 1 portion Fruit Punch – 8 oz	Salisbury Steak – 4 oz Baked Potato – 1 ea Butter – 1 pk FF Sour Cream – 1 pk Seasoned Summer Corn* – ½ cup WW Roll – 2 oz Brownie – 1 ea Fruit Punch – 8 oz	Meat Lasagna – 6oz Seasoned Collard Greens* – ½ cup Chilled Pears – ½c WG Bread Stick – 1 ea Chocolate Pudding – ½ cup Fruit Punch – 8 oz	Ham & Cheese Sub* - 1 ea (warm) Lettuce – 2 slices Tomato – 2 slices Onion – 2 slices Lite Mayo – 1 pk Baked Chips – 1 bag Carrot & Raisin Salad* – ½ cup Fresh Grapes – ½ cup WW Rice Crispy – 1 ea Fruit Punch – 8 oz	Chicken and Waffles – 1 waffle/ 3 oz chicken patty Syrup – 1 ea Hot Sauce – 1 pk Oven Baked Potatoes* - ½ cup Seasoned Green Beans – ½ cup Tropical Fruit Salad – 1 c Fruit Punch – 8 oz

“USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.”

*Denotes recipe attached.

Lauren Gear, RD, LD 7/28/15

Stephanie Vera, MS, RD, LD 7/28/15

WEEK IV MENU CYCLE SY 15-16

Choice of Milk (8oz) is served daily (1% or fat free) at breakfast & lunch.

Water is available with all meals.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R K F A S T	Power Bread – 1 ea Yogurt – 4 oz Orange Slices – ½ cup Apple Juice – 4 oz	Chicken Biscuit – 2 oz/2.51 oz Blueberries – ½ cup Jelly – 1 ea Grape Juice – 4 oz	Pancake Minis – 1 ea Syrup – 1 ea Apple Slices – ½ cup Sausage Patty – 1 ea Grape Juice – 4 oz	English Muffin Egg Sandwich – 2oz/2oz Yogurt – 4 oz Jelly – 1 pk Orange Slices – ½ cup Apple Juice - 4 oz	Scrambled Eggs – ½ cup Blueberry Muffin – 1 ea Sausage Patty – 1 ea Grapes – ½ cup Orange Juice – 4 oz	Croissant Sandwich w Egg & Ham – 1.25oz/1.5oz/2oz Banana – ½ cup Apple Juice – 4 oz	Banana Bread Oatmeal – 1 Serving Apple Slices – ½ cup Cheese Stick – 1 ea Grape Juice – 4 oz
L U N C H	Pepperoni Pizza – 1 Slice Carrot Sticks – ½ cup Lite Ranch – 1 pk Seasoned Green Peas* – ½ cup Chilled Cantaloupe – 1c	Chicken Alfredo* - 1 cup Spinach Salad* - 1 c w/ FF Italian – 1 pk Steamed Squash & Onions* – ½ cup Rosy Applesauce* – 1 cup WW Breadstick – 1 ea	Chili Dog* (Chili 1/8c, Hot dog 2oz; WW Bun-1.5oz) Seasoned Great Northern Beans* - ½c Coleslaw* - ½ cup Chilled Tropical Fruit – 1c Honey Grahams – 1ea	WG Spaghetti w/ Meat Sauce* - 8oz Ladle Garden Salad* - 1 c w/ Lite Ranch – 1pk Steamed Peas & Carrots – ½ cup Chilled Grapes – 1 cup WW Roll -2 oz	Sloppy Joe* 3oz on WW Bun – 1 each Sweet Potato Fries – ¾ cup Sliced cucumbers – ½ cup Lite Jalapeno Ranch – 1 pk Mixed Berry Bowl* – 1 cup	Spicy Chicken Sandwich 3oz on WW Bun - 1 each Lettuce - 1 slice Tomato - 1 slice Marinated Black Bean Salad* - ½ cup Tomato Wedges – ½ cup Lite Ranch – 1 pk Melon Cubes – 1 cup	Roast Beef – 3oz Gravy – 1/8 cup Turnip Greens* - ½ cup Scalloped Potatoes* - 1/2 c Fruit Cocktail – 1 cup WW Roll – 2 oz Elf Grahams – 1 ea
D I N N E R	BBQ Chicken* - 2 thighs 5.5 oz Peas & Snaps – ½ c Corn on the Cob – 1each Watermelon Cubes – ½ cup WW Roll – 2oz Oatmeal Raisin Cookie – 1 each Fruit Punch – 8 oz	Beef Nachos* - #16 scoop meat (1/4 cup) & 2/3 c chips Cheese Sauce – 2 oz Mexicali Corn* – ½ c Salsa – 1 oz Shredded Lettuce & Tomato – ½ cup Pears – ½ c Apple Crisp* – 1 piece Fruit Punch – 8 oz	New Orleans Chicken - #12 scoop served over Steamed Broccoli - ½ c Fried Rice* – ½ c Lemon Roasted Carrots* -3/4 c Chilled Pineapple – ½ cup Chocolate Chip Cookie – 1 ea Fruit Punch – 8 oz	Fish Sandwich – 1 ea Spicy Garden Slaw* – ½ cup Ketchup – 1 pk Lite Mayo – 1 pk Oven Baked Fries – ½ cup Baked Beans* - ½ cup Carrot Cake – 1 square Fruit Punch – 8 oz	Chicken Quesadilla – 4.5oz FF Sour Cream – 1 pk Salsa – 1 oz Seasoned Green Peas* – ½ c Chilled Peach Slices – ½ c Chocolate Ice Cream Cup – 1 ea Fruit Punch – 8 oz	Ground Beef Stroganoff* - ¾ cup Seasoned Collard Greens* – ½ cup Fresh Apple Wedges – ½ cup WG Baked Bread Stick – 1 each Lemon Frosted Cake Square* – 1 each Fruit Punch – 8 oz	Country Fried Steak*– 1 ea w/ Gravy – 1/8 th cup Steamed Squash* – ½ cup Baby Lima Beans*- ½ cup Fresh Orange Wedges – ½ cup WW Biscuit – 2 oz Sherbet Cup -1ea Fruit Punch – 8 oz

“USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.”

*Denotes recipe attached.

Lauren Gear, RD, LD 7/28/15

Stephanie Vera, MS, RD, LD 7/28/15

Updated: 7/28/15

IMPORTANT NOTES:

At lunch **all** subgroups in appropriate portion size must be served **weekly**.

Abbreviations used in the body of the menu are:

WW = Whole Wheat

GF = Gluten Free

WG = Whole Grain

Purple writing = starch subgroup

Red writing = Red/Orange Subgroup

Green Writing = Dark green subgroup

Tan Writing = Beans/Peas (Legumes) Subgroup

Veggies in blue writing = other Subgroup

Substitutions in veggies can only be made in the **same** subgroup.

Garden Salad is primarily iceberg lettuce and does **not** count as dark green subgroup. Garden salad **cannot** be substituted for romaine salad nor spinach salad.

Romaine Salad can be substituted for Spinach Salad and vice versa.

SNACKS MENU CYCLE SY 15-16

Afterschool Snack

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	WG Cheez-Its (.75 oz) 100 % Fruit Punch 8 oz	WG Rice Crispy Treat (1.6 oz) 100 % Fruit Punch 8 oz	WG Hot & Spicy Chex (.92 oz) 100% Fruit Punch 8 oz	WG Strawberry Pop Tart (1.76 oz) 100 % Fruit Punch 8 oz	Kettle Corn (1 oz) 100% Fruit Punch 8 oz	WG Super Donut (1.9 oz) 100 % Fruit Punch 8 oz	WG Chocolate & Caramel Chex (1.03 oz) 100 % Fruit Punch 8 oz
Week 2	WG Hot & Spicy Chex (0.92 oz) 100% Fruit Punch 8 oz	WG Strawberry Pop Tart (1.76 oz) 100 % Fruit Punch 8 oz	Kettle Corn (1 oz) 100% Fruit Punch 8 oz	WG Super Donut (1.9 oz) 100 % Fruit Punch 8 oz	WG Chocolate & Caramel Chex (1.03 oz) 100 % Fruit Punch 8 oz	WG Rice Crispy Treat (1.6 oz) 100 % Fruit Punch 8 oz	WG Cheez-Its (.75 oz) 100 % Fruit Punch 8 oz
Week 3	Kettle Corn (1 oz) 100% Fruit Punch 8 oz	WG Super Donut (1.9 oz) 100 % Fruit Punch 8 oz	WG Hot & Spicy Chex (0.92 oz) 100 % Fruit Punch 8 oz	WG Rice Crispy Treat (1.6 oz) 100 % Fruit Punch 8 oz	WG Cheez-Its (.75 oz) 100 % Fruit Punch 8 oz	WG Chocolate & Caramel Chex (1.03 oz) 100% Fruit Punch 8 oz	WG Strawberry Pop Tart (1.76 oz) 100 % Fruit Punch 8 oz
Week 4	WG Rice Crispy Treat (1.6 oz) 100 % Fruit Punch 8 oz	WG Hot & Spicy Chex (0.92 oz) 100% Fruit Punch 8 oz	WG Strawberry Pop Tart (1.76 oz) 100 % Fruit Punch 8 oz	Kettle Corn (1 oz) 100% Fruit Punch 8 oz	WG Cheez-Its (.75 oz) 100 % Fruit Punch 8 oz	WG Chocolate & Caramel Chex (1.03 oz) 100 % Fruit Punch 8 oz	WG Super Donut (1.9 oz) 100 % Fruit Punch 8 oz

*May substitute WG Strawberry & Yogurt Chex in place of another WG Chex item.

Stephanie Vera, MS, RD, LD 7/8/15

“USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER”

Mid-Morning Snack 9 am (suggested):

- PB&J (1) & Water (8 oz) **OR**
- Quaker Bar (1) & Water (8 oz) **OR**
- Fieldstone Bar (1) & Water (8 oz)

Night Snack 8 pm:

- PB& J and Unflavored 1% Milk (8oz)