

WEEK I MENU CYCLE SY 16-17

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	Sausage & Gravy Pizza – 1 ea Fresh Pears Halves – 2 ea 100% Fruit Juice – 4 oz	Apple Sweet Roll – 1 ea Scrambled Eggs* – ½ c Fresh Grapes – ½ c 100% Fruit Juice – 4 oz	Blueberry Muffin – 1 ea Sausage Patty – 2 ea Cheesy Grits* – ½ c Fresh Orange Wedges – 4 ea 100% Fruit Juice – 4 oz	Cereal – 1 ea Banana – 1 ea Yogurt – 1 ea 100% Fruit Juice – 4 oz	Sausage Biscuit* – 1 ea Jelly – 1 ea Fresh Apple Wedges – 4 ea 100% Fruit Juice – 4 oz	French Toast Sticks – 4 ea Syrup – 1 ea Yogurt – 1 ea Fresh Grapes – ½ c 100% Fruit Juice – 4 oz	Breakfast Taquito – 1 ea Salsa – 1 ea Fresh Nectarine Halves – 2 ea Cheese Stick – 1 ea 100% Fruit Juice – 4 oz
L U N C H	Chicken Burrito* – 2 ea chopped lettuce & diced tomato ½ c Brown Rice – ½ c Salsa – 1 ea Jalapenos – ⅛ c Sour Cream – 1 ea Seasoned Black Beans* – ½ c Tropical Fruit Salad – 1c	Hamburger* – 1 ea Tomato – 1 sl Lettuce – 1 sl, & Pickle – 2 sl (total ¼ c) Ketchup – 1 ea Mustard – 1 ea Steamed Broccoli* – ½ c Sweet Potato Tots – ¾ c Watermelon – 1 c	Grilled Chicken Sandwich* – 1 ea Lite Mayo – 1 ea Mustard – 1 ea Lettuce – 1 sl Tomato – 1 sl Baby Carrots – ½ cup Lite Ranch – 1 ea Seasoned Green Beans* – ½ c Mixed Berry Bowl* – 1 c	BBQ Riblet Sandwich* – 1 ea Tri Taters – 1 ea Ketchup – 1 ea Romaine Salad* – 1 c Lite Ranch – 1 ea Chilled Mandarin Orange – 1 c	Fish Nuggets – 4 ea Ketchup – 1 ea Tartar Sauce – 1 ea Creamy Coleslaw* – ½ c Seasoned Field Peas* – ½ c WW Roll – 1 ea Rosy Pears* – 1 c	Chili Con Carne* – ¾ c Grilled Cheese* – 1 ea Celery Sticks – ½ c Lite Ranch – 1 ea Chilled Peaches – 1 c	Oven Fried Chicken* – 2 thighs Mashed Potatoes* – ½ c Seasoned Turnip Greens* – ½ c WW Roll – 1 ea Cinnamon Elf Grahams – 1 ea Melon Cup* – 1 c
D I N E R	Oven Fried Fish – 1 ea Onion Rings – 6 ea Ketchup – 1 ea Tartar Sauce – 1 ea Seasoned Green Beans* – ½ c Jello Poke Cake* – 1 svg Fruit Punch – 8 oz	Chicken Stir Fry* – ¾ c Brown Rice – ½ c Veggie Egg Roll – 1 ea Sweet & Sour Sauce – 1 ea Chilled Peaches – ½ c Sugar Cookie – 1 ea Fruit Punch – 8 oz	Philly Cheese Steak Sandwich* – 1 ea Baked Beans – ½ c Chilled Fruit cocktail – ½ c Chocolate Frosted Cake* – 1 svg Fruit Punch – 8 oz	Beef & Mac Casserole* – ¾ c Roasted Sweet Potatoes* – ½ c Honeydew Cubes – ½ c WW Roll – 1 ea Sherbet Cup – 1 ea Fruit Punch – 8 oz	Salisbury Steak – 1 ea Brown Gravy & Mushrooms* – ⅛ c Macaroni and Cheese* – ⅓ c Seasoned Spinach* – ½ c Chilled Pineapple Tidbits – ½ c WG Biscuit – 1 ea Oatmeal Raisin Cookie – 1 ea Fruit Punch – 8 oz	Chicken & Sausage Jambalaya* – 8 oz Corn on the Cob – 1 ea Steamed California Veggies* – ½ c Brownie – 1 ea WW Roll – 1 ea Fruit Punch – 8 oz	Pancakes – 2 ea Syrup – 1 ea Butter – 1 ea Turkey Bacon – 3 sl Scrambled Eggs* – ½ c Spiced Apples* – ½ c Fruit Punch – 8 oz

“This institution is an equal opportunity provider.”

*Denotes recipe attached.

Lauren Gear, RD, LD 07-07-16

Stephanie Vera, MS, RD, LD 07-07-16

WEEK II MENU CYCLE SY 16-17

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 – 1 ea Fresh Tangerines – 2ea 100% Fruit Juice – 4 oz	Chicken Biscuit* – 1 ea Jelly – 1 ea Fresh Blueberries – ½ c 100% Fruit Juice – 4 oz	Pancake Minis – 1 ea Syrup – 1 ea Fresh Apple Wedges – 4 ea Sausage Patty – 1 ea 100% Fruit Juice – 4 oz	English Muffin Egg Sandwich* – 1 ea Jelly – 1 pk Cheese Stick – 1 ea Fresh Orange Wedges – 4 ea 100% Fruit Juice – 4 oz	Breakfast Burrito – 1 ea Salsa – 1 ea Fresh Grapes – ½ c 100% Fruit Juice – 4 oz	Croissant Sandwich* – 1 ea Banana – 1 ea 100% Fruit Juice – 4 oz	Fruit n’ Oats* – ¾ c Fresh Peach Halves – 2 ea Yogurt – 1 ea 100% Fruit Juice – 4 oz
L U N C H	Honey Sriracha Chicken – ¾ c Brown Rice – ¾ c Glazed Carrots* – ½ c Stir Fried Veggies* – ½c Chilled Pineapple – 1 c	Meatball Sub* - 1 ea Celery Sticks – ½ c Lite Ranch – 1 ea Seasoned Baby Lima Beans* – ½ c Chilled Grapes – 1 c	BBQ Sliders* – 2 ea Sweet Potato Tots – ¾c Roasted Cauliflower* – ½ c Chocolate Pudding – ½c Honeydew Cubes – 1 c	The Big Beef n’ Cheddar* – 1 ea Spinach Salad* – 1 c Italian Dressing – 1 ea Curly Fries – ½ c Ketchup – 1 ea Yogurt Parfait* – ¾ c Blueberries – ½ c Peaches – ½ c	Cheeseburger* – 1 ea Lettuce – 1 sl, Tomato – 1 sl & Pickle – 2 sl (total ¼ cup) Ketchup – 1 ea Mustard – 1 ea BBQ Pop Chips – 1 ea Steamed California Veggies* – ¾ c Strawberries & Bananas* – 1 c	Chicken Tenders – 4 ea Honey Mustard – 1 ea Seasoned Green Beans* – ½ c Seasoned Summer Corn* – ½ c WW Roll – 1 ea Tropical Fruit Salad – 1c	Baked Ham – 3 oz Seasoned Collard Greens* – ½ c Squash Casserole* – ¾ c WG Biscuit – 1 ea Banana Pudding – ½ c Chilled Cantaloupe – 1 c
D I N E R	Turkey Pot Pie* – ¾ c Specialty Salad* – 1 c Lite Ranch – 1 ea Chilled Diced Pears – ½ c WG Biscuit – 1 ea Oatmeal Raisin Cookie – 1 ea Fruit Punch – 8 oz	Spicy Taquitos – 2 ea Salsa – 1 ea Cucumber & Onion Salad* – ½ c Mexicali Corn* – ½ c Vanilla Ice Cream Cup – 1 ea Fruit Punch – 8 oz	Fish Nuggets – 4 ea Tartar Sauce – 1 ea Ketchup – 1 ea Steamed Broccoli* – ½ c Seasoned Green Beans* – ½ c WW Roll – 1 ea Pineapple Upside Down Cake* – 1 ea Fruit Punch – 8 oz	Spaghetti & Meat Sauce* – 1 c Steamed Peas & Snaps* – ½ c Garlic Toast – 1 ea Strawberry Ice Cream Cup – 1 ea Fruit Punch – 8 oz	Oven Fried Chicken* – 2 thighs Broccoli, Cheese & Rice Casserole* – ½ c Chilled Applesauce – ½c WG Breadstick – 1 ea Peach Cobbler* – 1 svg Fruit Punch – 8 oz	Country Fried Steak – 1 ea Brown Rice & Gravy – ½ c & ½ c Seasoned Field Peas* – ½ c Chilled Mandarin Oranges – ½ c Chocolate Chip Cookie – 1 ea Fruit Punch – 8 oz	Chicken Fajitas* – 1 svg Seasoned Black Beans* – ½ c Carrot Sticks – ½ c Lite Jalapeno Ranch – 1 ea Chilled Pineapple – ½ c Sherbet Cup – 1 ea Fruit Punch – 8 oz

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WEEK III MENU CYCLE SY 16-17

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	Sausage & Gravy Pizza – 1 ea Fresh Pears Halves – 2 ea 100% Fruit Juice – 4 oz	Apple Sweet Roll – 1 ea Scrambled Eggs* – ½ c Fresh Grapes – ½ c 100% Fruit Juice – 4 oz	Blueberry Muffin – 1 ea Sausage Patty – 2 ea Cheesy Grits* – ½ c Fresh Orange Wedges – 4 ea 100% Fruit Juice – 4 oz	Cereal – 1 ea Banana – 1 ea Yogurt – 1 ea 100% Fruit Juice – 4 oz	Sausage Biscuit* – 1 ea Jelly – 1 ea Fresh Apple Wedges – 4 ea 100% Fruit Juice – 4 oz	French Toast Sticks – 4 ea Syrup – 1 ea Yogurt – 1 ea Fresh Grapes – ½ c 100% Fruit Juice – 4 oz	Breakfast Taquito – 1 ea Salsa – 1 ea Fresh Nectarine Halves – 2 ea Cheese Stick – 1 ea 100% Fruit Juice – 4 oz
L U N C H	Turkey Club Wrap* – 1 ea Mustard – 1 ea Steamed California Veggies* – ½ c Specialty Salad* – 1 c Cinnamon Applesauce* – 1 c	Beef & Bean Burrito – 1 ea Salsa – 1 ea Sour Cream – 1 ea Seasoned Pintos* – ½ c Tomato Salad* – ½ c Strawberries & Bananas* – 1 c	Cheese Pizza – 1 sl Steamed Peas & Carrots* – ½ c Steamed Broccoli* – ½ c Melon Cup* – 1 c	Fish Sandwich* – 1 ea Ketchup – 1 ea Tartar Sauce – 1 ea Seasoned Black Eyed Peas* – ½ c Seasoned Cabbage* – ½ c Chilled Peaches – 1 c	Buffalo Chicken Bites – 4 ea Oven Baked Fries – ½ c Ketchup – 1 ea Carrot & Celery Sticks – ½ c Lite Ranch – 1 ea WW Roll – 1 ea Tropical Fruit Salad – 1c	Beef Vegetable Soup* – 1 c Grilled Cheese* – 1 ea Specialty Salad* – 1 c Yogurt Parfait* – ¾ c Mixed Berry Bowl* – 1c	Cowboy Burger* – 1 ea Sweet Potato Fries – ½ c Seasoned Great Northern Beans* – ½ c Ambrosia Fruit Salad* – 1 c
D I N E R	Meatloaf – 1 ea Seasoned Spinach* – ½ c Mashed Potatoes* – ½ c Gravy – ½ c WG Breadstick – 1 ea Fresh Orange Wedges – 2 ea Sugar Cookie – 1 ea Fruit Punch – 8 oz	Teriyaki Chicken* – ½ c Fried Rice* – ½ c Steamed Cauliflower* – ½ c Cheese Sauce – 1 oz Chilled Fruit Cocktail – ½ c Carrot Cake – 1 svg Fruit Punch – 8 oz	Chunky Chili* – 1 c Ranch Sour Cream Potato Wedges – ½ c Saltine Crackers – 2 ea Romaine Salad* – 1 c Italian Dressing – 1 ea Apple Cobbler* – 1 svg Fruit Punch – 8 oz	Salisbury Steak – 1 ea Baked Potato – 1 ea Butter – 1 ea Sour Cream – 1 ea Seasoned Summer Corn* – ½ c WW Roll – 1 ea Brownie – 1 ea Fruit Punch – 8 oz	Meat Lasagna – ¾ c Seasoned Collard Greens* – ½ cup WG Breadstick – 1 ea Chilled Watermelon – 1 c Chocolate Pudding – ½ c Fruit Punch – 8 oz	Ham & Cheese Sub* – 1 ea Lettuce – 2 sl Tomato – 2 sl Onion – 2 sl Lite Mayo – 1 ea Baked Chips – 1 ea Carrot & Raisin Salad* – ½ c Fresh Grapes – ½ c Peanut Butter Cookie – 1 ea Fruit Punch – 8 oz	Chicken and Waffles – 3 tenders/1 ea Syrup – 1 ea Hot Sauce – 1 ea Oven Baked Potatoes* – ½ c Seasoned Green Beans* – ½ c Fresh Apple Wedges – 2 ea Fruit Punch – 8 oz

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WEEK IV MENU CYCLE SY 16-17

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 – 1 ea Fresh Tangerines – 2ea 100% Fruit Juice – 4 oz	Chicken Biscuit* – 1 ea Jelly – 1 ea Fresh Blueberries – ½ c 100% Fruit Juice – 4 oz	Pancake Minis – 1 ea Syrup – 1 ea Fresh Apple Wedges – 4 ea Sausage Patty – 1 ea 100% Fruit Juice – 4 oz	English Muffin Egg Sandwich* – 1 ea Jelly – 1 pk Cheese Stick – 1 ea Fresh Orange Wedges – 4 ea 100% Fruit Juice – 4 oz	Breakfast Burrito – 1 ea Salsa – 1 ea Fresh Grapes – ½ c 100% Fruit Juice – 4 oz	Croissant Sandwich* – 1 ea Banana – 1 ea 100% Fruit Juice – 4 oz	Fruit n' Oats* – ¾ c Fresh Peach Halves – 2 ea Yogurt – 1 ea 100% Fruit Juice – 4 oz
L U N C H	Pepperoni Pizza – 1 sl Carrot Sticks – ½ c Lite Ranch – 1 ea Seasoned Green Peas* – ½ c Fruit Cocktail – 1 c	Chicken Alfredo* – 1 c Spinach Salad* – 1 c Italian Dressing – 1 ea Squash & Onions* – ½ c WG Breadstick – 1 ea Rosy Applesauce* – 1 c	Chili Dog* – 1 ea Seasoned Great Northern Beans* – ½ c Creamy Coleslaw* – ½ c Cheesy Puffs – 1 ea Chilled Tropical Fruit – 1 c	Spaghetti & Meatballs* - ¾ c /3 ea Garden Salad* – 1 c Lite Ranch – 1 ea Steamed Peas & Carrots* – ½ c WW Roll – 1 ea Chilled Grapes – 1 c	Sloppy Joe* – 1 each Sweet Potato Fries – ¾ c Cucumber & Onion Salad* – ½ c Strawberries & Bananas* – 1 c	Spicy Chicken Sandwich* – 1 ea Lettuce – 1 sl Pickle – 2 sl Marinated Black Bean Salad* – ½ c Tomato Wedges – ½ c Lite Ranch – 1 ea Melon Cup* – 1 c	Roast Beef – 3oz Brown Gravy – ½ c Seasoned Turnip Greens* – ½ c Scalloped Potatoes* – ½ c WW Roll – 1 ea Cinnamon Elf Grahams – 1 ea Rosy Applesauce* – 1 c
D I N E R	BBQ Chicken* – 2 thighs Steamed Peas & Snaps* – ½ c Corn on the Cob – 1 ea WW Roll – 1 ea Oatmeal Raisin Cookie – 1 ea Fruit Punch – 8 oz	Beef Nachos* – 1 svg Mexicali Corn* – ½ c Salsa – 1 ea Shredded Lettuce & Tomato – ½ c Chilled Pears – ½ c Apple Crisp* – 1 svg Fruit Punch – 8 oz	New Orleans Chicken – ½ c Steamed Broccoli* – ½ c Fried Rice* – ½ c Chilled Pineapple – ½ c Chocolate Chip Cookie – 1 ea Fruit Punch – 8 oz	Fish Sandwich* – 1 ea Tartar Sauce – 1 ea Ketchup – 1 ea Oven Baked Fries – ½ c Baked Beans – ½ c Carrot Cake – 1 svg Fruit Punch – 8 oz	Chicken Quesadilla – 1 ea Sour Cream – 1 ea Salsa – 1 ea Seasoned Green Peas* – ½ c Chilled Peaches – ½ c Chocolate Ice Cream Cup – 1 ea Fruit Punch – 8 oz	Turkey & Broccoli Divan* – 1 c Rotini Noodles – ½ c WG Breadstick – 1 ea Islander Fruit* – ½ c Lemon Frosted Cake* – 1 svg Fruit Punch – 8 oz	Country Fried Steak – 1 ea Gravy – ½ c Steamed Squash* – ½ c Seasoned Baby Lima Beans* – ½ c WG Biscuit – 1 ea Fresh Orange Wedges – 2 Ea Sherbet Cup – 1 ea Fruit Punch – 8 oz

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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.

100% Fruit Juice options include: Apple, Orange, Grape, Apple-Cranberry, Apple-Cherry

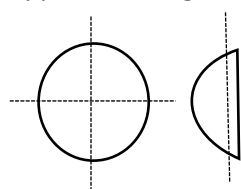
Cutting Fruits:

Peaches and Nectarines should be cut lengthwise (from top to bottom) with pits and stems removed before serving.

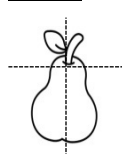
Apples and Oranges should be cut to create 4 even wedges. To remove core and pith, slice the thin side of the wedge diagonally as pictured in the cutting diagram below. Apples should be tossed with a lemon juice and water mixture and drained to avoid browning.

Pear stems should be removed and fruit should cut lengthwise (top to bottom) with the core/seeds removed with a spoon.

Apples & Oranges:



Pears:



SNACKS MENU CYCLE SY 16-17

Afterschool Snack

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

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

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Lauren Gear, RD, LD 07-07-16

9 a.m. & 8 p.m. Snack Options:**

4 oz fruit juice **and 1 each:**

PB&J **OR** Fieldstone Bar **OR** Popped Chips **OR** Assorted Granola Bar

**9 a.m. and 8 p.m. snacks are not required, but are suggested. If you choose to serve these snacks, you must select from the items listed. Alternative items require prior approval from Food Service Administrator.