

Grades K-8 Four-Week Cycle Menu Example

<p>Chicken Alfredo Twist D-54r (2¼ oz eq meat, 1¼ oz eq grains) Whole Grain Garlic Toast (1 oz eq grains) Garden Salad (romaine- ½ cup dark green veg, shredded carrots- 1/8 cup red/orange veg, grape tomatoes- 1/8 cup red/orange veg) Fresh Cubed Melon (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Porcupine Sliders F-10r (2 oz eq meat/meat alternate, 2 oz eq grains) Lettuce (1/8 cup dark green veg) Fresh Sliced Tomatoes (1/8 cup red/orange veg) Potato Wedges (¾ cup starchy veg) Grapes (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Fiesta Mexican Lasagna D-62r (1 oz eq meat alternate, 3/8 cup red/orange veg, 1/8 cup starchy veg, ¼ cup other veg, ¾ oz eq grains) Whole Grain Cheese Stick (1 oz meat/meat alternate, 1 oz eq grains) Lentils of the Southwest I-24r (½ cup legume veg) Banana 1 small (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Chicken Curry Casserole D-55r (1¼ oz eq meat/meat alternate, ¼ cup other veg, ¾ oz eq grains) Whole Grain Breadstick (1 oz eq grains) Spinach Salad (½ cup dark green veg) Cherry Tomatoes (1/8 cup red/orange veg) Fresh Orange Smiles (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Sesame Asian Noodle Chicken Salad D-560 (1½ oz eq meat/meat alternate, 1/8 cup red/orange veg, 1/8 cup other veg, 1 oz eq grains) Roasted Broccoli (½ cup dark green veg) Oatmeal Muffin Squares B-200 (1/8 cup fruit, 1 oz eq grains) Fresh Pineapple (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>
<p>Volcanic Meatloaf D-580 (2½ oz eq meat/meat alternate) Whole Grain Dinner Roll (2 oz eq grains) Mashed Potatoes I-123 (½ cup starchy veg) Sliced Carrots (¼ cup red/orange veg) Banana 1 small (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Hawaiian Ham and Coconut Rice D-540 (2 oz eq meat/meat alternate, ¼ cup fruit, 1¼ oz eq grains) Sweet Potato Sticks (¾ cup red/orange veg) Fruit Cocktail (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Taco Soup H-71 (1 oz eq meat/meat alternate, ¼ cup legume veg, ¼ cup red/orange veg, ¼ cup additional veg) Baked Tortilla Chips (2 oz eq grains) Creamed Spinach I-120 (½ oz eq meat/ meat alternate, ½ cup dark green veg) Fruit Salsa (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Roasted Fish Crispy Slaw Wrap F-13r (2¾ oz eq meat, ¼ cup dark green veg, ¼ cup red/orange veg, 7/8 cup other veg, 1½ oz eq grains) Baked Potato (½ cup starchy veg) Fresh Orange Smiles (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Bean Tostada D-120C (1 oz eq meat/ meat alternate, 3/8 cup legume veg, 1/8 cup red/orange veg, ¼ cup other veg, 1/8 cup additional veg, 1 oz eq grains) Spanish Rice B-30 (1/8 cup red/orange veg, ¼ cup other veg, 1/8 cup starchy veg, 1 oz eq grains) Sliced Apples (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>
<p>Vegetable Chili Boat D-63r (¾ oz eq meat alternate, ¼ cup red/orange veg, 1/8 cup other veg, ¼ oz eq grains) Whole Grain Cheese Stick (1 oz eq meat alternate, 1 oz eq grains) Corn (½ cup starchy veg) Fruit Salad (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Chick Penne D-53r (1 oz eq meat/meat alternate, 1/8 cup dark green veg, 1¾ oz eq grains) Whole Grain Roll (1 oz eq grains) Spinach Salad (½ cup dark green veg) Cauliflower (¼ cup other veg) Grapes (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Crunchy Hawaiian Chicken Wrap F-12r (2 oz eq meat, ¼ cup dark green veg, 1/8 cup red/orange veg, 1/8 cup other veg, 1¾ oz eq grains) Black Beans (¼ cup legume veg) Vegetable Medley (½ cup other veg) Mandarin Oranges (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Spaghetti and Meat Sauce D-350 (2 oz eq meat/meat alternate, 3/8 cup red/ orange veg, 1 oz eq grains) Whole Grain Cheese Stick (1 oz eq meat alternate, 1 oz eq grains) Green Salad (½ cup dark green veg) Fresh Apple 1 small (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Chicken Burrito D-530 (2 oz eq meat/meat alternate, 1/8 cup red/orange veg, 2 oz eq grains) Lentils of the Southwest I-24r (¼ cup legume veg) Baby Carrots (¼ cup red/orange veg) Sliced Cucumbers (½ cup other veg) Chilled Peaches (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>
<p>Tuscan Smoked Turkey and Bean Soup H-12r (1½ oz eq meat/meat alternate, 1/8 cup red/orange veg, 1/8 cup other veg) Whole Grain Crackers (2 oz eq grains) Baked Potato (½ cup starchy veg) Green Salad (½ cup dark green veg) Chilled Apricots (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Mexicali Taco Boat D-550 (2½ oz eq meat/meat alternate, ¾ cup red/ orange veg) Baked Tortilla Chips (2 oz eq grains) Pico De Gallo G-150 (1/8 cup red/orange veg, 1/8 cup other veg) Banana (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Sweet & Sassy Chicken D-570 (2 oz eq meat/meat alternate) Brown Rice Pilaf B-220 (1/8 cup red/orange veg, 1/8 cup dark green veg, 1/8 cup other veg, 1 oz eq grains) Cauliflower (½ cup other) Melon Medley (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>Turkey Pot Pie D-190 (2 oz eq meat/meat alternate, 1/8 cup starchy veg, 1/8 cup additional veg, 1½ oz eq grains) Green Salad (½ cup dark green) Cinnamon Applesauce (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>	<p>BBQ Chicken D-110 (2 oz eq meat/meat alternate) Whole Grain Dinner Roll (2 oz eq grains) Mashed Sweet Potatoes (¾ cup red/ orange veg) Lima Beans (½ cup legume veg) Fresh Orange Smiles (½ cup fruit) Milk (1 cup fat-free or 1% milk)</p>