

## 21-DAY CYCLE MENUS

### Grades 6<sup>th</sup> – 11<sup>th</sup> Lunch

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>VEG</b>
M/MA	2 oz. Baked Chicken	2 oz. Cheese (Sauce) Whole Grain Pasta—	2 oz. Cheese/Pepperoni (Pizza)	2 oz. Baked Chicken Tenders (meat) Tenders Whole Grain	2 oz. Chicken/Cheese (Quesadilla)	x 1/2 Dk Green
G/B	1 oz. Whole Grain Dinner Roll ½ cup Seasoned Whole Grain Brown Rice	1 cup Macaroni	2 oz. Whole Grain Pizza Crust	1 oz. Breading	1 oz. Whole Grain Tortilla	x 1-1/4 Red/Orange
Fruit	1 cup 1/2 cup Fresh Apple	1 cup 1/2 cup Peaches	1 cup 1/2 cup Fresh Orange Wedges	1 oz. Whole Grain Dinner Roll 1/2 cup Cinnamon Applesauce	1 oz. Whole Grain Tortilla Chips	x 1/2 Beans/Peas
	1/2 cup 100% Grape Juice	1/2 cup Fresh Banana	1/2 cup Grapes	1 cup 1/4 cup Raisins** (credits ½ cup)	1 cup 1/2 cup Pineapple Chunks	x 1/2 Starchy
Veg	1 cup 3/4 cup Sweet Potato Casserole 1/4 cup Green Beans	1 cup 1/2 cup Potato Rounds, Baked 1/2 cup Baby Carrots FF Ranch	1 cup 1 cup Lettuce Salad*(credit ½ cup) (Dark Green) FF Dressings 1/2 cup Corn	1 cup 1/2 cup Mashed Potatoes 1/4 cup Green Peas	1 cup 1/2 cup Orange Wedges	x 3/4 Other
				1/4 cup Carrot Coins, Cooked	1 cup 1/2 cup Pinto Beans 1/2 cup Lettuce (credit ¼ cup), ¼ cup Salsa	x 1-1/2 cup Add'l
						x Grains (10 oz)
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>VEG</b>
M/MA	2 oz. Meat (Spaghetti Sauce)	2 oz. Oven-Baked Fish Nuggets(meat) Nugget Whole Grain	2 oz. Hamburger	2 oz. Grilled Chicken (Caesar Wrap)	2 oz. Cheese (Grilled Cheese)	x 1/2 Dk Green
G/B	1 cup Whole Grain Pasta—Spaghetti	1 oz. Breading	2 oz. Whole Grain Bun	2 oz. Whole Grain Tortilla	2 oz. Whole Grain Bread	x 1-1/4 Red/Orange
Fruit	1 cup 1/2 cup Fresh Banana	1 oz. Whole Grain Dinner Roll	1 cup 1/2 cup 100% Apple Juice	1 cup 1 cup Cantaloupe Wedges	1 cup 1/2 cup Pears	x 1/2 Beans/Peas
	1/2 cup Pears	1 cup 1 cup Fresh Fruit Mix— Grapes, Blueberries, Strawberries	1/2 cup Fruit Cocktail	1 cup 1/2 cup Roasted New Potatoes	1 cup 1/2 cup Peaches	x 1/2 Starchy
Veg	1 cup 1 cup Lettuce Salad* (credit ½ cup) (Dark Green) 1/2 cup Baby Carrots FF Ranch	1 cup 1/2 cup Potato Wedges, Baked 1/2 cup Green Beans	1 cup 3/4 cup Baked Sweet Potato Fries 1/4 cup lettuce (credit 1/8 cup), 1/8 cup tomato, pickles (garnish)	1 cup 1/2 cup Sliced Cucumbers and Onions	1 cup 1/2 cup Baked Beans 1/2 cup Corn	x 3/4 Other
						x 1-1/2 cup Add'l
						x Grains (10 oz)
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>VEG</b>
M/MA	2 oz. Meat (Sloppy Joe)	2 oz. Meat (Chili) Whole Grain Snack	2 oz. Grilled Chicken (Sandwich)	2 oz. Hot Ham and Cheese (Pita)	2 oz. Meat & Cheese (Tacos)	x 1/2 Dk Green
G/B	2 oz. Whole Grain Bun	1 oz. Crackers	2 oz. Whole Grain Bun	1 oz. Whole Grain Pita	2 oz. Whole Grain Tortilla	x 1-1/4 Red/Orange
Fruit	1 cup 1 cup Watermelon	1 oz. Whole Grain Dinner Roll	1 cup 1/2 cup Fresh Apple	1 oz. Whole Grain Tortilla Chips 1/2 cup Fresh Orange Wedges	1 cup 1/2 cup Applesauce	x 1/2 Beans/Peas
	1/2 cup Potato Salad	1 cup 1/2 cup Mixed Fruit	1/2 cup 100% Fruit Punch Juice	1 cup 1/2 cup Pineapple Chunks	1 cup 1/2 cup Peaches	x 1/2 Starchy
Veg	1 cup 1/2 cup Coleslaw	1 cup 1/8 cup Variety Beans (Chili) 1/2 cup Carrot Coins, Cooked 3/8 cup Green Peas	1 cup 1/2 cup Sweet Potato Casserole 1/2 cup Broccoli, Steamed	1 cup 3/8 cup Beans (Fiesta Dip) 3/8 cup Celery Sticks	1 cup 1 cup Lettuce Salad* (credit ½ cup) (Dark Green) 1/2 cup shredded lettuce (credit ¼ cup), ¼ cup diced tomato	x 3/4 Other
				1/4 cup Carrot Sticks FF Ranch		x 1-1/2 cup Add'l
						x Grains (10 oz)

	16	17	18	19	20	VEG
M/MA	2 oz. Ground Turkey & LF Cheese (Ziti)	2 oz. Meat (Stir Fry)	2 oz. Shredded Chicken (BBQ)	2 oz. Beef (Burrito)	2 oz. Hot Turkey and Cheese (Sub)	x 1/2 Dk Green
G/B	1 cup Whole Grain Pasta—Ziti (Baked)	1 cup Whole Grain Brown Rice	2 oz. Whole Grain Bun	1 oz. Whole Grain Tortilla	2 oz. Whole Grain Bun	x 1-1/4 Red/Orange
Fruit	1 cup 1/2 cup Fresh Banana	1 cup 1/2 cup Fresh Pineapple Chunks	1 cup 1/2 cup Baked Cinnamon Apples	1 oz. Whole Grain Tortilla Chips	1 cup 1/2 cup Sliced Kiwi	x 1/2 Beans/Peas
Veg	1 cup 1/2 cup 100% Apple Juice 1/2 cup Baked Potato Wedges 1/4 cup Corn 1/4 cup Sliced Tomatoes	1 cup 1/2 cup Pears 1/2 cup Oriental Veg (Stir Fry) 1/2 cup Steamed Broccoli & Cauliflower (equal parts)	1 cup 1/4 cup Raisins** 1-1/2 cup Lettuce Salad* (credit 3/4 cup) (Dark Green) 1/8 cup Diced Tomatoes 1/8 cup Shredded Carrots FF Dressing	1 cup 1 cup Fresh Melon(s) 1/8 cup Variety Beans (Burrito) 3/8 cup Refried Beans 1/4 cup Salsa 1/4 cup Celery Sticks FF Ranch	1 cup 1/2 cup Red Grapes 1/2 cup Baked Sweet Potato Fries 1/4 cup Green Beans 1/4 cup Sliced Tomatoes	x 1/2 Starchy x 3/4 Other x 1-1/2 cup Add'l  Grains (10 oz)
M/MA	21 2 oz. Gr. Chicken & LF Cheese (Chef Salad)	<p>The contractor must adhere to each 21-day cycle menu for the first 21 days of meal service.</p> <p>Products may be brand name or equivalent as stipulated in this contract.</p> <p>The contractor is encouraged to incorporate low sodium products.</p> <p>Required average daily calorie range per 5-day week = 750–850</p> <p>Light, low-fat, non-fat, and sugar-free products/food items to be used as necessary to meet the average daily calorie range.</p> <p>**Raisins: 1/4 cup counts as 1/2 cup fruit equivalent</p> <p>8 oz. milk served daily per meal pattern requirements.</p> <p>Condiments to be included.</p>				
G/B	1 oz. Whole Grain Croutons					
Fruit	1 oz. Whole Grain Soft Breadstick					
Veg	1 cup 1/2 cup Fresh Apple 1/2 cup 100% Orange Juice 1-1/2 cup Lettuce Salad* (Dark Green) (credit 3/4 cup) 1/8 cup Shredded Carrots, 1/8 cup Diced Tomatoes, Sliced Cucumbers (garnish)					