

Fall - Week Two - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total Actuals	Weekly Total Requirement		
	WG Rotini w/ Meat Sauce or Cheese Sauce	Cheese Pizza	Teriyaki Chicken	Meatball Sub Sandwich on WG Bun with Mozzarella	Chicken & Cheese Quesadilla on WG 8" Tortilla				
	Roasted Zucchini	Pepperoni Pizza	Brown Rice	Roasted Carrot Coins	Corn & Tomato Salad				
	WG Focaccia	Chef Special Pizza	Broccoli & Carrot Stir Fry	Italian Chickpea Salad	Quinoa Salad				
		Caesar Salad w/ Romaine	Peas		Salsa and Sour Cream				
		Buttery Green Beans							
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection				
	Milk	Milk	* Teriyaki Tofu	* Falafel w/ Tzatziki	*Cheese Quesadilla				
		Milk	Milk	Milk					
MEAL COMPONENTS									
VEGETABLES	.75 cup	1 cup	1 cup	1 cup	.50 cup	4 .25 cups	3 .75 cups		
Dark Green		Romaine - 1 cup = .50 cup	Broccoli - .25 cup			.75 c.	.50 c.		
Red/Orange Beans/Legumes	Tomato Sauce - .25 cup		Carrot - .25 cup	Carrot - .50 cup Chickpea - .50 cup	Tomato - .25 cup	1- .25 c.	.75 c.		
Starchy			Peas - .50 cup		Corn - .25 cup	.75 c.	.50 c.		
Other	Zucchini - .50 cup	Green Beans - .50 cup				1 c.	.50 c.		
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2 .50 cups		
GRAINS	WG Pasta 1 cup-2 oz eq WG Focaccia- 1 oz eq	WG Pizza Dough - 2 oz eq	Brown Rice (.50 cup) -1 oz eq	WG BUN - 2 oz eq	8" WG Tortilla - 1.5 oz eq Quinoa Salad (.50 cup) - 1 oz eq	10.5 oz eq	8-10 oz eq		
Whole Grain Rich	YES	YES	YES	YES	YES	All grains are whole grain rich	All grains are whole grain rich		
MEAT/MEAT ALT	Meat Sauce or Cheese Sauce (.50 cup) - 2 oz eq.	Mozzarella Cheese (as per recipe) - 2 oz eq	.50 cup Chicken - 2 oz eq	Meatballs & Cheese (as per CN label) - 2.25 oz eq	Chicken (.25 cup) - 1 oz eq Cheese (.50 cup) - 2 oz eq	11.25 oz eq	9-10 oz eq		
MILK	8 oz. = 1 cup	8 oz. = 1 cup	8 oz = 1 cup	8 oz = 1 cup	8 oz = 1 cup	5 cups	5 cups		

Fall - Week Three - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	Cheesy WG Breadsticks	Meaty Beef Goulash	Chicken Tacos w/ Cheese	Turkey Shepherd's Pie	Hamburger, Cheeseburger		
	Marinara Dipping Sauce	WG Dinner Roll	Brown Rice	with Mashed Potatoes	or Veggie Burger		
	Lemon Zest Broccoli	Roasted Zucchini & Carrot	Refried Beans	WG Biscuit	Baked French Fries		
		Tossed Salad	Salsa	Roasted Green Beans	Coleslaw		
			Sour Cream				
			Corn				
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
	*Cheesy Goulash with Beans	*Bean and Cheese Tacos	* Lentils & Greens w/ Potatoes				
Milk	Milk	Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 cup	1 .50 cup	1 .25 cup	1 cup	.50 cup	4 .50 cups	3 .75 cups
Dark Green	Broccoli - .50 cup	Romaine - 1 cup				1 .50 c.	.50 c.
Red/Orange	Marinara Sauce - .50 cup	Carrots - .25 cup	Salsa - .25 cup			1 c.	.75 c.
Beans/Legumes			Refried Beans - .50 cup			.50 c.	.50 c.
Starchy			Corn - .50 cup	Mashed Potato - .50 cup	Potatoes - .50 cup	1 .50c.	.50 c.
Other		Zucchini - .25 cup		Green Beans - .50 cup	Coleslaw - .50 cup	1 .25 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2 .50 cups
GRAINS	2 WG Breadsticks - 2 oz eq	WG Pasta - 1 oz eq WG Dinner Roll - 1 oz eq	Brown Rice (.50 cup) - 1 oz eq 2 6" WG Tortillas - 2 oz eq (or 3 WG Corn Tacos)	WG Biscuit- 2 oz eq	WG Bun - 2 oz eq	11 oz.	8-10 oz.
Whole Grain Rich	YES	YES	YES	YES	YES	All grains are whole grain rich	All grains are whole grain rich
MEAT/MEAT ALT	2 Cheesy Breadsticks - 2 oz eq	1 cup Goulash - 2 oz eq	2 Tacos - 2 oz eq (.25 c. chicken - 2 T. cheese)	Shepherd's Pie - 1 cup - 2 oz eq	Burger - 2 oz eq	10 oz eq	9-10 oz eq
MILK	8 oz. = 1 cup	8 oz. = 1 cup	8 oz = 1 cup	8 oz = 1 cup	8 oz = 1 cup	5 cups	5 cups

Fall - Week Four - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	Cheesy Chicken & Noodles	Cheese Pizza	Honey Lemon Chicken	Sloppy Joe on WG Bun	Turkey Sandwich on WG Bread		
	Rainbow Pepper Strips	Pepperoni Pizza	Brown Rice Pilaf	Sweet Potato Fries	with Lettuce and Cheese		
	Dipping Sauce/Dressing	Chef Special Pizza	Roasted Broccoli	Corn	Creamy Corn Chowder		
	Green Beans	Spinach Salad w/ Strawberries	Vegetarian Baked Beans		Cucumber and Carrot Sticks		
	Herbed Bread Stick		WG Biscuit		Dipping Sauce/Dressing		
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
	Milk	Milk	* Baked Tofu w/ Honey Lemon	* Sloppy Lentil Joe	* Hummus, Cheese & Veggie Wrap		
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 cup	.50 cup	1 cup	1 cup	.75 cup	4 .25 cups	3 .75 cups
Dark Green		Spinach - (1 cup) .50 cup	Broccoli - .50 cup			1 c.	.50 c.
Red/Orange	Red/Orange Peppers - .50 cup			Sweet Potato Fries - .50 cup	Carrot Stick - .25 cup	1 .25 c.	.75 c.
Beans/Legumes			Baked Beans - .50 cup			.50 c.	.50 c.
Starchy				Corn - .50 cup	Corn & Potato - .25 cup	.75 c.	.50 c.
Other	Green Beans - .50 cup				Cucumber - .25 cup	.75 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2 .50 cups
GRAINS	.50 c. pasta (1 c. serv.) - 1 oz eq 1 Breadstick - 1 oz eq	WG Pizza Dough - 2 oz eq	Brown Rice (.50 c.) - 1 oz eq WG Biscuit - 2 oz eq	WG Bun - 2 oz eq	2 Slices WG Bread - 2 oz eq	11 oz eq	8-10 oz eq
Whole Grain Rich	YES	YES	YES	YES	YES	All grains are whole grain rich	All grains are whole grain rich
MEAT/MEAT ALT	1 cup serv. - 2 oz eq (as per recipe)	Mozzarella Cheese - 2 oz eq	1 chicken thigh - 2 oz eq	.50 cup Sloppy Joe - 2 oz eq (as per recipe)	Turkey -1 oz eq (as per CN Label) Cheese - 1 oz eq	10 oz eq	9-10 oz eq
MILK	8 oz. = 1 cup	8 oz. = 1 cup	8 oz = 1 cup	8 oz = 1 cup	8 oz = 1 cup	5 cups	5 cups

Fall - Week Five - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	WG Spaghetti with Meat Sauce	Scrambled Eggs	Nachos with Beef	Chicken Parmesan	WG Breaded Fish Fillet		
	Or Marinara Sauce	Baked Ham Strips	Homemade Cheese Sauce	WG Penne Pasta	Roasted Red Potato Wedges		
	Cottage Cheese	Roasted Sweet Potatoes	Brown Rice	Roasted Zucchini	Carrot Souffle		
	Buttered Green Beans	Steamed Broccoli	Mexican Black Beans	Tossed Salad with Romaine	WG Biscuit		
	Roasted Cauliflower	WG Waffle Sticks with VT Maple Syrup	Corn	Garlic Bread Stick			
	WG Dinner Roll	VT Apple Compote	Sour Cream				
			Salsa				
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
	Milk	Milk	Milk	* Baked Tofu Parmesan	Milk		
MEAL COMPONENTS					Weekly Total Actuals	Weekly Total Requirement	
VEGETABLES	1 .25 cup	1 cup	1 .25 cup	1 cup	1 cup	5.50 cups	3 .75 cups
Dark Green		Broccoli - .50 cup		Romaine (1 cup) - .50 cup		1 c.	.50 c.
Red/Orange	Marinara Sauce - .25 cup	Sweet Potatoes - .50 cup	Salsa - .25 cup		Carrot Souffle - .50 cup	1-.50 c.	.75 c.
Beans/Legumes			Black Beans - .50 cup			.50 c.	.50 c.
Starchy			Corn - .50 cup		Roasted Red Potato Wedges - .50 cup	1 c.	.50 c.
Other	Cauliflower - .50 cup			Zucchini - .50 cup		1.50 c.	.50 c.
	Green Beans - .50 cup						
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2 .50 cups
GRAINS	1 cup WG pasta - 2 oz eq 1 WG Dinner Roll - 1 oz eq	3 WG Waffle Sticks - 2 oz eq (CN Label)	10 Nacho Chips - 1 oz eq (CN Label) .50 cup Brown Rice 1 oz eq	1 cup WG Penne Pasta - 2 oz. 1 WG Breadstick - 1 oz eq	4 Fish Sticks - .5 oz eq (CN Label) 1 WG Biscuit - 2 oz eq	12.5 oz eq	8-10 oz eq
Whole Grain Rich	YES	YES	YES	YES	YES	All grains are whole grain rich	All grains are whole grain rich
MEAT/MEAT ALT	.50 cup meat sauce - 2 oz eq .50 cup cottage cheese	.25 cup eggs - 2 oz eq Ham Strips - .5 oz eq	.25 cup beef - 1 oz eq .25 cup cheese sauce - 1 oz eq	Chicken - 2 oz eq	Fish Sticks - 2 oz eq	10.5 oz eq	9-10 oz eq
MILK	8 oz. = 1 cup	8 oz. = 1 cup	8 oz = 1 cup	8 oz = 1 cup	8 oz = 1 cup	5 cups	5 cups

Fall - Week Six - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	WG Cheese Ravioli	Cheese Pizza	Homestyle Chicken & Biscuit	Homemade Meatloaf	WG Grilled Cheese		
	Marinara Sauce	Pepperoni Pizza	with Seasonal Veggies	Mashed Potato	Grilled Ham and Cheese		
	Honey Glazed Carrots	Chef Special Pizza	Green Beans	Vegetarian Baked Beans	Tomato Tortellini Soup		
	Tender Sweet Peas	Caesar Salad with Romaine		Coleslaw	Baby Carrots with Hummus		
	Sauteed Spinach with Garlic	Steamed Cauliflower & Broccoli		WG Cornbread			
	WG Focaccia						
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
			* Vegetable Stew with Biscuit	*Lentil Loaf			
	Milk	Milk	Milk	Milk	Milk		
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 .50 cup	1 cup	.75 cup	1 .25 cup	1 cup	5.50 cups	3.75 cups
Dark Green	Spinach - .50 cup	Broccoli - .25 cup - Romaine - .50 cup				1.25 c.	.50 c.
Red/Orange	Marinara Sauce - .50 cup				Tomato Soup - .50 cup	1.75 c.	.75 c.
	Carrot - .50 cup				Carrot - .25 cup		
Beans/Legumes				Baked Beans - .50 cup	Hummus - .25 cup	.75 c.	.50 c.
Starchy	Peas - .50 cup			Mashed Potato - .50 cup		1 c.	.50 c.
Other		Cauliflower - .25 cup	Green Beans - .50 cup	Coleslaw - .25 cup		1.25c.	.50 c.
			Veggie in Chicken .25 cup				
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2 .50 cups
GRAINS	3 Jumbo Ravioli - 1 oz eq 1 Focaccia - 1 oz eq	1 slice Pizza - 2 oz eq	1 Biscuit - 2 oz eq	Cornbread- 2 oz eq	2 slices WG Bread - 2 oz eq	10 oz eq	8-10 oz eq
Whole Grain Rich	YES	YES	YES	YES	YES	All grains are whole grain rich	All grains are whole grain rich
MEAT/MEAT ALT	3 Jumbo Ravioli - 2 oz eq	Mozzarella Cheese - 2 oz eq	Chicken - 2 oz eq	Meatloaf - 2 oz eq	American Cheese - 4 slices - 2 oz eq	10 oz eq	9-10 oz eq
MILK	8 oz. = 1 cup	8 oz. = 1 cup	8 oz = 1 cup	8 oz = 1 cup	8 oz = 1 cup	5 cups	5 cups