

Spring Cycle Menu - Grades K-6 (Apr. - May - June)						Spring
	Monday	Tuesday	Wednesday	Thursday	Friday	Seasonal Harvest
Week 1	Macaroni and Cheese Baked Sweet Potato Peas WG Dinner Roll Fruit Selection Milk	Baked Potato Bar Toppings: Ham and Cheese Chopped Broccoli Blueberry Muffin Fruit Selection Milk	Chicken Burrito Brown Rice Buttery Corn Salsa and Sour Cream Fruit Selection * Bean Burrito Milk	Crispy Chicken Tenders Cheesy Cornbread Spinach Salad with Strawberries Green Beans Fruit Selection * Crispy Tofu Tenders Milk	BBQ Pulled Pork Sandwich on WG Bun Vegetarian Baked Beans Basil Roasted Carrot Fruit Selection * Black Bean Burger Milk	Asparagus Spinach Basil Greens Scallions Radish Berries Peas
Week 2	WG Rotini with Meat Sauce or Cheese Sauce Spinach Salad Carrot Souffle WG Garlic Bread Fruit Selection Milk	Cheese Pizza Pepperoni Pizza Chef Special Pizza Caesar Salad with Romaine Fruit Selection Milk	Teriyaki Meatballs Brown Rice Garlicky Broccoli Gingered Carrots Fruit Selection *Teriyaki Black Bean Meatball Milk	Baked Ham with Pineapple WG Dinner Roll Potato Salad with Fresh Herbs Baked Beans Buttery Green Beans Fruit Selection * Baked Tofu with Pineapple Milk	Chicken and Cheese Quesadillas with WG 8" Tortilla Buttery Corn Tabouleh Salsa and Sour Cream Fruit Selection * Cheese Quesadilla Milk	
Week 3	Cheesy WG Breadsticks Marinara Dipping Sauce Sweet Potato Wedges Parmesan Roasted Asparagus Fruit Selection Milk	Beef Taco with Cheese Brown Rice Refried Beans Mexicali Corn Salsa and Sour Cream Fruit Selection * Bean and Cheese Taco Milk	Honey Lemon Chicken WG Dinner Roll Broccoli Bites White Bean Salad w/ Scallions Macaroni Salad Fruit Selection * Baked Honey Lemon Tofu Milk	Turkey Shepherd's Pie with Mashed Potato WG Biscuit Sesame Roasted Green Beans Fruit Selection * Lentil & Greens w/ Potato Milk	Hamburger, Cheeseburger or Veggie Burger on WG Bun Oven Bake Potato Fries Spinach Salad w/ Mandarin Orange Fruit Selection Milk	
Week 4	Pasta Alfredo with Chicken Orange Glazed Carrots Spring Pea Salad WG Dinner Roll Fruit Selection * Pasta Alfredo Milk	Cheese Pizza Pepperoni Pizza Chef Special Pizza Caesar Salad with Romaine Fruit Selection Milk	Meatball Sub Sandwich WG Bun w/ Marinara & Mozzarella Cauliflower Rice Spring Tossed Salad Fruit Selection * Black Bean Meatballs w/ Marinara Milk	Chicken Drumsticks Sweet Potato Fries Coleslaw WG Biscuit Mexican Black Beans Fruit Selection * Baked Tofu Milk	Egg Salad or Tuna Salad Sandwich on WG Bread Carrot Sticks with Hummus Spring Veggie Soup Fruit Selection *Hummus and Veggie Sandwich Milk	
Week 5	WG Spaghetti with Meat Sauce or Marinara Sauce Cottage Cheese Buttered Green Beans Roasted Cauliflower WG Dinner Roll Fruit Selection Milk	Scrambled Eggs Sausage Link Roasted Potatoes Steamed Broccoli WG Berry Pancakes VT Maple Syrup Fruit Selection Milk	Nachos with Beef Homemade Cheese Sauce Brown Rice Mexican Black Beans Corn and Basil Salad Salsa and Sour Cream Fruit Selection * Nachos with Beans Milk	Chicken Parmesan WG Penne Pasta Buttery Brussel Sprouts Spring Green Salad Garlic Bread Stick Fruit Selection *Baked Tofu Parmesan Milk	Fish and Chips WG Breaded Fish Fillet Roasted Potato Wedges Butternut Souffle WG Biscuit Fruit Selection Milk	
Week 6	WG Cheese Ravioli Honey Glazed Carrots Lemon Zest Broccoli WG Dinner Roll Fruit Selection Milk	Cheese Pizza Pepperoni Pizza Chef Special Pizza Caesar Salad with Romaine Tender Sweet Peas Fruit Selection Milk	Homestyle Chicken and Biscuit WG Biscuit Steamed Asparagus Corn Fruit Selection *Veggie Stew with Biscuit Milk	Turkey Meatloaf Mashed Potato Baked Beans Coleslaw Garlic Flatbread Triangle Fruit Selection *Lentil Loaf Milk	Grilled Cheese or Grilled Ham and Cheese Baby Carrots & Celery Sticks w/ Dip Tomato Soup Fruit Selection Milk	

Spring - Week One - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	Macaroni and Cheese	Baked Potato Bar	Chicken Burrito	Crispy Chicken Tenders	Pulled Pork Sandwich on		
	Baked Sweet Potato	Toppings: Ham and Cheese	Brown Rice	Cheesy Cornbread	WG Bun		
	Peas	Chopped Broccoli	Corn	Spinach Salad With Strawberries	Vegetarian Baked Beans		
	WG Dinner Roll	Blueberry Muffin	Salsa and Sour Cream	Green Beans	Basil Roasted Carrots		
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
	Milk	Milk	* Bean Burrito	* Crispy Tofu Tenders	* Black Bean Burger		
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 cup	.75 cup	.75 cup	1 cup	1 cup	4.50 cups	3.75 cups
Dark Green		Broccoli - .25 cup		Spinach - (1 cup) - .50 cup		.75 c.	.50 c.
Red/Orange	Sweet Potato Wedges - .50 cup		Salsa - .25 cup		Carrots - .50 cup	1.25 c.	.75 c.
Beans/Legumes					Baked Beans - .50 cup	.50 c.	.50 c.
Starchy	Peas - .50 cup	Potato - .50 cup	Corn - .50 cup			1.50 c.	.50 c.
Other				Green Beans - .50 cup		.50 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	Pasta .50 cup - 1 oz. WG Dinner Roll - 1 oz.	Blueberry Muffin - 2 oz.	8" Tortilla - 1.5 oz .50 cup Rice - 1 oz	Cornbread - 2 oz. 3 Tenders - 1 oz.	WG Bun - 2 oz.	11.5 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	Mac & Cheese - 2 oz.	.25 c. Ham - 1 oz. .25 c. Cheese - 1 oz.	.25 c. chicken- 1 oz .25 cup Cheese - 1 oz.	3 chicken tenders - 2 oz.	1 cup pork - 2 oz.	10 oz.	9-10 oz.
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

Spring - Week Two - Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
	WG Rotini w/ Meat Sauce or Cheese Sauce	Cheese Pizza	Teriyaki Meatballs	Baked Ham with Pineapple	Chicken & Cheese Quesadilla		
	Spinach Salad	Pepperoni Pizza	Brown Rice	WG Dinner Roll	on WG 8" Tortilla		
	Carrot Souffle	Chef Special Pizza	Broccoli & Carrot Stir Fry	Potato Salad w/ Fresh Herbs	Corn		
	WG Garlic Bread	Caesar Salad w/ Romaine	Peas	Baked Beans	Tabouleh		
	Fruit Selection	Buttery Green Beans		Buttery Green Beans	Salsa and Sour Cream		
	Milk	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
			* Teriyaki Black Bean Meatball	* Baked Tofu with Pineapple	*Cheese Quesadilla		
		Milk	Milk	Milk	Milk		
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 cup	1 cup	1 cup	1 cup	.75 cup	4.75 cups	3.75 cups
Dark Green	Spinach Salad - (.50 c.) = .25 cup	Romaine - (1 cup) = .50 cup	Broccoli - .25 cup			1 c.	.50 c.
Red/Orange	Tomato Sauce - .25 cup Carrot Souffle - .50 cup		Carrot - .25 cup		Salsa - .25 cup	1.25 c.	.75 c.
Beans/Legumes				Baked Beans - .50 cup		.5 c.	.50 c.
Starchy			Peas - .50 cup	Potato Salad - .50 cup	Corn - .50 cup	1.5c.	.50 c.
Other		Green Beans - .50 cup				.5 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	WG Pasta .50 cup - 1 oz. WG Garlic Bread- 1 oz.	WG Pizza Dough - 2 oz.	Brown Rice .5 c. - 1 oz	WG BUN - 1 oz.	8" WG Tortilla - 1.5 oz. Tabbouleh Salad .5 c. - 1 oz.	8.5 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	Meat Sauce or Cheese Sauce .5 cup- 2 oz.	Mozzarella Cheese - 2 oz.	Meatballs as per recipe or CN Label - 2 oz	Ham - 2 oz.	.25 cup chicken - 1 oz. .25 cup cheese - 1 oz.	10 oz.	9-10 oz.
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

Spring - Week Three - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	Cheesy WG Breadsticks	Beef Tacos w/ Cheese	Honey Lemon Chicken	Turkey Shepherd's Pie	Hamburger, Cheeseburger		
	Marinara Dipping Sauce	Brown Rice	Garlic Flatbread Triangle	with Mashed Potatoes	or Veggie Burger		
	Sweet Potato Wedges	Refried Beans	Broccoli	WG Biscuit	Oven Baked French Fries		
	Parmesan Roasted Asparagus	Mexicali Corn	White Bean Salad with Scallions	Sesame Green Beans	Spinach Salad w/ Mandarin Oranges		
		Sour Cream	Macaroni Salad				
		Salsa					
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
		* Bean and Cheese Tacos	*Baked Honey Lemon Tofu	*Lentils & Greens w/ Mashed Potatoes			
Milk	Milk	Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 .50 cup	1 .25 cup	1 cup	1 cup	1 cup	5 .75 cups	3.75 cups
Dark Green			Broccoli - .50 cup		Spinach Salad -1 c.= .50 cup	1 c.	.50 c.
Red/Orange	Marinara Sauce - .50 cup Sweet Potato Wedges - .50 cup	Salsa - .25 cup				1 .25 c.	.75 c.
Beans/Legumes		Refried Beans - .50 cup	White Bean Salad w/ Scallions .50 cup			1 c.	.50 c.
Starchy		Corn - .50 cup		Mashed Potato - .50 cup	Potatoes - .50 cup	1 .50 c.	.50 c.
Other	Roasted Asparagus - .50 cup			Green Beans - .50 cup		1 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	2 Breadsticks - 2 oz.	Rice .5 cup - 1 oz. Soft Tacos -2 6" - 2 oz.	WG Dinner Roll - 1 oz. Macaroni Salad -.50 cup - 1 oz.	WG Biscuit- 2 oz.	WG Bun - 2 oz.	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.	Beef .25 cup - 1 oz. Cheese .25 cup - 1 oz.	Chicken Thigh - 2 oz.	Shepherd's Pie - 1 cup 2 oz.	Burger - 2 oz. Cheese - .5 oz.	10.5 oz.	9-10 oz.
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

Spring - Week Four - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	Pasta Alfredo with Chicken	Cheese Pizza	Turkey Meatball Sub on	Baked Chicken Drumstick	Egg Salad or Tuna Salad Sandwich		
	Orange Glazed Carrots	Pepperoni Pizza	Whole Grain Bun	Sweet Potato Fries	on WG Bread with Lettuce		
	Spring Pea Salad	Chef Special Pizza	Marinara Sauce	Coleslaw	Spring Veggie Soup		
	WG Dinner Roll	Caesar Salad with Romaine	Mozzarella Cheese	Mexican Black Beans	Carrot Sticks		
			Cauliflower Rice	WG Biscuit	Hummus Dip		
			Spring Tossed Salad				
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
		* Black Bean Meatball Sub	*Baked Tofu	* Hummus, Cheese & Veggie Wrap			
Milk	Milk	Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 cup	1 cup	1 .25 cup	1 .50 cup	.75 cup	5 cups	3.75 cups
Dark Green		Romaine - 1 cup = .50 cup	Spring Greens -1 c. = .50 cup			1 c.	.50 c.
Red/Orange	Carrots - .50 cup		Marinara Sauce - .25 cup	Sweet Potato Fries - .50 cup	Carrot Sticks - .50 cup	1 .75 c.	.75 c.
Beans/Legumes				Black Beans - .50 cup	Hummus - .25 cup	.75 c.	.50 c.
Starchy	Peas - .50 cup					.50 c.	.50 c.
Other		Green Beans - .50 cup	Cauliflower - .50 cup	Coleslaw - .50 cup		1 .50 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	Pasta .5 cup (1 c. serv.) 1 oz. 1 Dinner Roll - 1 oz.	WG Pizza Dough - 2 oz.	WG Bun- 2 oz	WG Biscuit - 2 oz.	2 Slices WG Bread - 2 oz.	10 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	1 cup serv. - 2 oz. (as per recipe)	Mozzarella Cheese - 2 oz.	Turkey Meatballs - 2 oz. (as per CN Label)	2 Chicken Legs - 2 oz.	Egg or Tuna Salad - 2 oz. (as per recipe)	10 oz.	9-10 oz.
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

Spring - 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	Sausage Link	Homemade Cheese Sauce	Penne Pasta	Roasted Red Potato Wedges		
	Cottage Cheese	Roasted Potatoes	Brown Rice	Roasted Brussel Sprouts	Butternut Souffle		
	Buttered Green Beans	Steamed Broccoli	Mexican Black Beans	Spring Green Salad	WG Biscuit		
	Roasted Cauliflower	WG Berry Pancakes w/ VT Maple Syrup	Corn and Basil Salad	Garlic Bread			
	WG Dinner Roll		Sour Cream				
			Salsa				
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
			* Baked Tofu Parmesan				
Milk	Milk	Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1.25 cup	1 cup	1.25 cup	1.5 cup	1 cup	5.5 cups	3.75 cups
Dark Green		Broccoli - .50 cup		Spring Greens - (1 c.) = .50 cup		1 c.	.50 c.
Red/Orange	Marinara Sauce - .25 cup		Salsa - .25 cup		Butternut Souffle - .50 cup	1 c.	.75 c.
Beans/Legumes			Black Beans - .50 cup			.5 c.	.50 c.
Starchy		Potato - .50 cup	Corn - .50 cup		Roasted Red Potato Wedges - .50 cup	1.5 c.	.50 c.
Other	Green Beans - .50 cup Roasted Cauliflower .50 cup			Roasted Brussel Sprouts - .50 cup		1.5 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	.50 c. pasta - 1 oz 1 Dinner Roll - 1 oz.	Pancakes - 2 oz (as per Recipe)	16 Nachos - 1 oz (CN Label) Rice .50 cup 1 oz.	Penne Pasta .50 cup - 1 oz. WG Dinner Roll - 1 oz.	Fish - .5 oz. WG Biscuit - 2 oz.	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	Meat sauce .50 cup - 1 oz. Cottage cheese .50 cup - 2 oz.	Eggs .25 cup- 1 oz. Sausage - 1 oz. (as per CN Label)	Beef .25 cup- 1 oz. Cheese sauce .25 cup - 1 oz..	Chicken - 2 oz. (as per recipe)	Fish Sticks - 2 oz. (as per CN Label)	11 oz.	9-10 oz.
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

Spring - Week Six - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	WG Cheese Ravioli	Cheese Pizza	Homestyle Chicken & Biscuit	Homemade Meatloaf	Grilled Cheese		
	Marinara Sauce	Pepperoni Pizza	with Seasonal Veggies	Mashed Potato	Grilled Ham and Cheese		
	Honey Glazed Carrots	Chef Special Pizza	Steamed Asparagus	Vegetarian Baked Beans	Tomato Soup		
	Lemon Zest Broccoli	Caesar Salad with Romaine	Corn	Coleslaw	Baby Carrots and Celery Sticks with Dip		
	WG Dinner Roll	Tender Sweet Peas		WG Garlic Flatbread Triangle			
	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	1.5 cup	1 cup	.75 cup	1.5 cup	1.5 cup	6.25 cups	3.75 cups
Dark Green	Lemon Zest Broccoli - .50 cup	Romaine - (1 cup) = .50 cup				1 c.	.50 c.
Red/Orange	Marinara Sauce - .50 cup				Tomato Soup - .50 cup	1.7 c.	.75 c.
	Honey Glazed Carrot - .50 cup				Carrot - .25 cup		
Beans/Legumes				Baked Beans - .50 cup		.5 c.	.50 c.
Starchy		Peas - .50 cup		Mashed Potato - .50 cup		1 c.	.50 c.
Other			Steamed Asparagus - .50 cup			1.5 c.	.50 c.
			Veggie in Chicken .25 cup	Coleslaw - .50 cup	Celery - .25 cup		
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	3 Jumbo Ravioli - 2 oz 1 Dinner Roll - 1 oz.	1 slice Pizza - 2 oz.	1 Biscuit - 2 oz.	Flatbread- 1 oz.	2 slices WG Bread - 2 oz.	10 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	3 Jumbo Ravioli - 1 oz.	Mozzarella Cheese - 2 oz.	Chicken - 2 oz. (as per recipe)	Meatloaf - 2 oz. (as per recipe)	Sandwich - 2 oz. (as per recipe)	12 oz.	9-10 oz.
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