

Winter Cycle Menu - Grades K-6 (Dec. - Jan. - March)						Winter
	Monday	Tuesday	Wednesday	Thursday	Friday	Seasonal Harvest
Week 1	Macaroni and Cheese Roasted Sweet Potato Wedges Peas WG Dinner Roll Fruit Selection Milk	Baked Potato Bar Toppings: Ham and Cheese Chopped Broccoli Butternut Cranberry Bread Fruit Selection Milk	Beef Burrito Brown Rice Corn Salsa and Sour Cream Fruit Selection * Bean Burrito Milk	Crispy Chicken Tenders Cheesy Cornbread Winter Kale Caesar Salad Carrot Sticks Fruit Selection * Crispy Tofu Tenders Milk	BBQ Chicken Sandwich on WG Bun Vegetarian Baked Beans Parsnip Fries Fruit Selection *BBQ Portobello Mushroom Sand Milk	Brussel Sprouts Sweet Potatoes Winter Squash - Butternut Parsnip Turnip Potato Kale Cauliflower
Week 2	WG Rotini with Meat Sauce or Cheese Sauce Roasted Cauliflower WG Focaccia Fruit Selection Milk	Cheese Pizza Pepperoni Pizza Chef Special Pizza Caesar Salad with Romaine Buttery Green Beans Fruit Selection Milk	Mandarin Orange Chicken Brown Rice Broccoli and Carrot Stir Fry Peas Fruit Selection *Mandarin Orange Tofu Milk	Meatball Sub Sandwich or On WG Bun with Mozzarella Maple Sweet Potato Bites Roasted Chickpeas Fruit Selection * Falafel with Tzatziki Milk	Chicken and Cheese Quesadillas with WG 8" Tortilla Corn and Black Bean Salad Tabouleh Salsa and Sour Cream Fruit Selection * Cheese Quesadilla Milk	
Week 3	Cheesy WG Breadsticks Marinara Dipping Sauce Brussel Sprouts Peas Fruit Selection Milk	Chicken Tacos with Cheese Brown Rice Refried Beans Salsa and Sour Cream Fruit Selection * Bean and Cheese Taco Milk	Tender Pork Roast with Gravy WG Biscuit Broccoli Roasted Sweet Potatoes Bites Fruit Selection * Milk	Shepherd's Pie with Mashed Potato WG Dinner Roll Roasted Green Beans Fruit Selection * Lentils & Greens w/ Potato Milk	Hamburger, Cheeseburger or Veggie Burger on WG Bun Sweet Buttery Corn Baked Parsnip and Potato Fries Fruit Selection Milk	
Week 4	Cheesy Chicken and Noodles Butternut Squash Puree Green Beans Herbed Bread Stick Fruit Selection * Milk	Cheese Pizza Pepperoni Pizza Chef Special Pizza Caesar Salad with Romaine Fruit Selection Milk	Hearty Turkey & Bean Chili Corn Bread Roasted Cauliflower Peas Fruit Selection * Vegetarian Bean Chili Milk	Sloppy Joe on WG Bun Sweet Potato Fries Corn Chickpea Salad Fruit Selection * Sloppy Lentil Joe Milk	Turkey Sandwich on WG Bread Winter Vegetable Noodle Soup Carrot Sticks with Hummus Dip Fruit Selection *Hummus and Veggie Sandwich Milk	
Week 5	WG Spaghetti with Meat Sauce or Marinara Sauce Buttered Green Beans Roasted Carrots Cottage Cheese WG Dinner Roll Fruit Selection Milk	Scrambled Eggs VT Maple Baked French Toast Squares Roasted Winter Root Veggie Steamed Broccoli VT Apple Compote Fruit Selection Milk	Nachos with Beef Homemade Cheese Sauce Brown Rice Mexican Black Beans Corn Salsa and Sour Cream Fruit Selection * Nachos with Beans Milk	Chicken Drumsticks Cauliflower Rice Buttery Brussel Sprouts Tossed Salad with Romaine WG Biscuit Fruit Selection * Milk	WG Breaded Fish Sticks with Tartar Sauce Roasted Potato Wedges Butternut Souffle Blueberry Muffin Fruit Selection Milk	
Week 6	WG Cheese Ravioli Sweet Potato Half Tender Sweet Peas WG Dinner Roll Fruit Selection Milk	Cheese Pizza Pepperoni Pizza Chef Special Pizza Caesar Salad with Romaine Fruit Selection Milk	Homestyle Chicken and WG Biscuit Braised Cabbage Broccoli Bites Fruit Selection * Milk	Turkey & Beef Stroganoff WG Noodles Corn and Edamame Salad Garlic Flatbread Triangle Fruit Selection * Milk	Grilled Cheese or Grilled Ham and Cheese Baby Carrots with Dip Tomato Soup Fruit Selection Milk	

Winter - Week One - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	Macaroni and Cheese	Baked Potato Bar	Beef Burrito	Crispy Chicken Tenders	BBQ Chicken Sandwich on		
	Roasted Sweet Potato Wedges	Toppings: Ham and Cheese	Brown Rice	Cheesy Cornbread	WG Bun		
	Peas	Chopped Broccoli	Corn	Winter Kale Caesar Salad	Vegetarian Baked Beans		
	WG Dinner Roll	Butternut Cranberry Bread	Salsa and Sour Cream	Carrot Sticks	Parsnip Fries		
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
	Milk	Milk	Milk	Milk	Milk		
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		Kale - (1 cup) - .50 cup		.75 c.	.50 c.
Red/Orange	Sweet Potato Wedges - .50 cup		Salsa - .25 cup	Carrot Sticks - .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					Parsnip - .50 cup	.50 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2 .50 cups
GRAINS	Pasta .50 cup - 1 oz. WG Dinner Roll - 1 oz.	Butternut Cranberry Bread - 2 oz.	8" Tortilla - 1.5 oz .50 cup Rice - 1 oz	Cornbread - 1 oz. 3 Tender - 1 oz.	WG Bun - 2 oz.	10.5 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 plus .25 c. Cheese - 2 oz eq	.25 cup beef - 2 oz	3 chicken tenders - 2 oz.	.25 cup chicken - 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

Winter - Week Two - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	WG Rotini w/ Meat Sauce	Cheese Pizza	Mandarin Orange Chicken	Meatball Sub Sandwich	Chicken & Cheese Quesadilla		
	or Cheese Sauce	Pepperoni Pizza	Brown Rice	on WG Bun with Mozzarella	on WG 8" Tortilla		
	Roasted Cauliflower	Chef Special Pizza	Broccoli & Carrot Stir Fry	Maple Sweet Potato Bites	Corn & Black Bean Salad		
	WG Focaccia	Caesar Salad w/ Romaine	Peas	Roasted Chickpeas	Tabouleh		
		Buttery Green Beans			Salsa		
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
			* Mandarin Orange Tofu	* Falafel w/ Tzatziki	* Cheese Quesadilla		
Milk	Milk	Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	.75 cup	1 cup	1 cup	.75 cup	.75 cup	4.25 cups	3.75 cups
Dark Green		Romaine - 1 cup = .50 cup	Broccoli - .25 cup			.75 c.	.50 c.
Red/Orange	Tomato Sauce - .25 cup		Carrot - .25 cup	Sweet Potato - .50 cup	Salsa - .25 cup	1.25 c.	.75 c.
Beans/Legumes				Chickpea - .25 cup	Black Beans - .25 cup	.50 c.	.50 c.
Starchy			Peas - .50 cup		Corn - .25 cup	.75 c.	.50 c.
Other	Cauliflower - .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	WG Pasta 1 cup - 2 oz. WG Focaccia- 1 oz.	WG Pizza Dough - 2 oz.	Brown Rice .50 c. -1 oz	WG BUN - 2 oz.	8" WG Tortilla - 1.5 oz. Tabbouleh Salad .50 c. - 1 oz.	10.5 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 .50 c. - 2 oz.	Mozzarella Cheese - 2 oz.	.50 cup Chicken - 2 oz	Meatballs as per CN Label - 2 oz.	.25 cup chicken - 1 oz. .50 cup cheese - 2 oz.	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

Winter - Week Three - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	Cheesy WG Breadsticks	Chicken Tacos w/ Cheese	Tender Pork Roast with Gravy	Shepherd's Pie	Hamburger, Cheeseburger		
	Marinara Dipping Sauce	Brown Rice	WG Biscuit	with Mashed Potatoes	or Veggie Burger		
	Roasted Brussel Sprouts	Refried Beans	Broccoli	WG Dinner Roll	Sweet Buttery Corn		
	Peas	Salsa	Roasted Sweet Potato Wedges	Roasted Green Beans	Baked Parsnip & Potato Fries		
		Sour Cream					
		Corn					
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
	* Bean and Cheese Tacos	*	* Mush. Lentil Shepherd's Pie				
Milk	Milk	Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 cup	1.25 cup	1 cup	1 cup	1 cup	5.25 cups	3.75 cups
Dark Green			Broccoli - .50 c.			.50 c.	.50 c.
Red/Orange	Marinara Sauce - .50 c.	Salsa - .25 c.	Sweet Potato Wedges - .50 c.			1.25 c.	.75 c.
Beans/Legumes		Refried Beans - .50 c.				.50 c.	.50 c.
Starchy		Corn - .50 c.		Mashed Potato - .50 c.	Potatoes - .25 c. - Corn .50 c.	1.75 c.	.50 c.
Other	Brussel Sprouts - .50 c.			Green Beans - .50 c.	Parsnip - .25 c.	1.25 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	2 Breadsticks - 2 oz.	Corn Tacos (3) - 1 oz. Brown Rice .50 c. - 1 oz.	WG Biscuit - 2 oz.	WG Dinner Roll - 1 oz.	WG Bun - 2 oz.	9 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 Breadsticks - 2 oz.	Chicken Tacos - 2 oz.	Roast Pork 2 oz. - 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

Winter - Week Four - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	Cheesy Chicken & Noodles	Cheese Pizza	Hearty Turkey and Bean Chili	Sloppy Joe on WG Bun	Turkey Sandwich on WG Bread		
	Butternut Squash Puree	Pepperoni Pizza	Cheesy Cornbread	Sweet Potato Fries	with Lettuce and Cheese		
	Broccoli	Chef Special Pizza	Roasted Cauliflower	Corn	Winter Vegetable Soup		
	Herbed Bread Stick	Caesar Salad with Romaine	Peas	Chickpea Salad	Cucumber Sticks		
		Roasted Green Beans			Hummus Dip		
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
	Milk	Milk	* Vegetarian Bean Chili	* Sloppy Lentil Joe	* Hummus, Cheese & Veggie Wrap		
		Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 cup	1 cup	1 cup	1 .50 cup	.75 cup	5 cups	3.75 cups
Dark Green	Broccoli - .50 cup	Romaine - (1 cup) .50 cup				1 c.	.50 c.
Red/Orange	Butternut Squash - .50 cup			Sweet Potato Fries - .50 cup		1 c.	.75 c.
Beans/Legumes				Chick Peas - .50 cup	Hummus - .25 cup	.75 c.	.50 c.
Starchy			Peas - .50 cup	Corn - .50 cup		1 c.	.50 c.
Other		Green Beans - .50 cup	Cauliflower - .50 cup		Cucumber - .50 cup	1 .50 c.	.50 c.
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	Chicken & Noodles - 1 c. serv. - 1 oz. 1 Breadstick - 1 oz.	WG Pizza Dough - 2 oz.	Corn Bread - 2 oz	WG Bun - 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	Chicken & Noodles - 1 cup serv. - 2 oz. (as per recipe)	Mozzarella Cheese - 2 oz.	Turkey and Beans - 2 oz. (as per recipe)	.50 cup Sloppy Joe - 2 oz. (as per recipe)	Turkey - 1.25 oz. (CN Label) Cheese - .75 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

Winter - Week Five - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	WG Spaghetti with Meat Sauce	Scrambled Eggs	Nachos with Beef	Chicken Drumsticks	WG Breaded Fish Fillet		
	Or Marinara Sauce	VT Maple Baked French Toast Squares	Homemade Cheese Sauce	Cauliflower Rice	Tartar Sauce		
	Cottage Cheese	Roasted Winter Root Veggies	Brown Rice	Buttery Brussel Sprouts	Roasted Potato Wedges		
	Buttered Green Beans	Steamed Broccoli	Mexican Black Beans	Tossed Salad with Romaine	Butternut Souffle		
	Roasted Carrots		Corn	WG Biscuit	Blueberry Muffin		
	WG Dinner Roll	VT Apple Compote	Sour Cream				
			Salsa				
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
		* Nachos with Beans	*				
Milk	Milk	Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1 .25 cup	1 .25 cup	1 .25 cup	1 .50 cup	.75 cup	6 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- .25 cup	Salsa - .25 cup		Butternut Souffle - .25 cup	1.50 c.	.75 c.
	Roasted Carrots - .50 cup						
Beans/Legumes			Black Beans - .50 cup			.50 c.	.50 c.
Starchy		Potato - .25 cup	Corn - .50 cup		Roasted Red Potato Wedges - .50 cup	1.25 c.	.50 c.
Other	Green Beans - .50 cup	Beets - .25 cup		Brussel Sprouts- .50 cup		1.75 c.	.50 c.
				Cauliflower Rice - .50 cup			
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	1 c. Pasta - 2 oz 1 Dinner Roll - 1 oz.	French Toast Square - 2 oz.	10 Nachos - 1 oz (CN Label) .50 cup Rice 1 oz.	WG Biscuit - 2 oz.	Fish Sticks - 1 oz. Blueberry Muffin - 1 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 - 2 oz.	Beef .25 cup- 1 oz. Cheese sauce - .25 cup- 1 oz..	2 Chicken Drumsticks - 2 oz.	Fish Sticks - 2 oz. (as per CN Label)	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

Winter - Week Six - Meal Components

MENU	Monday	Tuesday	Wednesday	Thursday	Friday		
	WG Cheese Ravioli	Cheese Pizza	Homestyle Chicken & Biscuit	Turkey and Beef Stroganoff	Grilled Cheese		
	Marinara Sauce	Pepperoni Pizza	with Seasonal Veggies	WG Noodles	Grilled Ham and Cheese		
	Sweet Potato Half with Butter	Chef Special Pizza	Braised Cabbage	Edamame Bean Salad with Corn	Tomato Soup		
	Tender Sweet Peas	Caesar Salad with Romaine	Broccoli Bites	Garlic Flatbread Triangle	Baby Carrots with Dip		
	WG Dinner Roll						
	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection	Fruit Selection		
		*Veggie Stew with Biscuits	*Mushroom Stroganoff				
Milk	Milk	Milk	Milk	Milk			
MEAL COMPONENTS						Weekly Total Actuals	Weekly Total Requirement
VEGETABLES	1.50 cup	.50 cup	1.25 cup	1 cup	.75 cup	5.25 cups	3.75 cups
Dark Green		Romaine 1 cup - .50 cup	Broccoli - .50 cup			1 c.	.50 c.
Red/Orange	Marinara Sauce - .50 cup				Tomato Soup - 1 cup	2.25 c.	.75 c.
	Sweet Potato - .50 cup				Carrot - .25 cup		
Beans/Legumes				Edamame - .50 cup		.50 c.	.50 c.
Starchy	Peas - .50 cup			Corn - .25 cup		.75 c.	.50 c.
Other			Braised Cabbage - .50 cup			.75 c.	.50 c.
			Veggie in Chicken .25 cup				
FRUITS	1 cup	1 cup	1 cup	1 cup	1 cup	5 cups	2.5 cups
GRAINS	3 Jumbo Ravioli - 1 oz 1 Focaccia - 1 oz.	1 slice Pizza - 2 oz.	1 WG Biscuit - 2 oz.	Garlic Flatbread- 2 oz. Noodles .50 cup - 1 oz.	2 slices WG Bread - 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	3 Jumbo Ravioli - 2 oz.	Mozzarella Cheese - 2 oz.	Chicken - 2 oz. (as per recipe)	Stroganoff - 2 oz. (as per recipe)	Sandwich - 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