Sample Menu for Educational Purposes Only
Does Not Meet the New Child Nutrition Reauthorization of 2010 Menu Patterns

NUTRITION SERVICES BRANCH

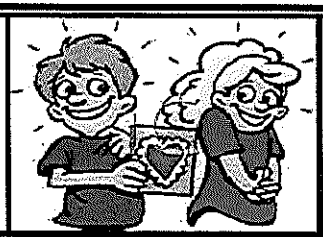
Combo School Breakfast & Lunch Menu

FEBRUARY 2012

◆ May contain pork

An 8 oz variety of milk is offered with all meals.

● 6TH, 7TH, & 8TH GRADES ONLY (OMIT FOR GRADES K-5TH)



** In addition to featured cereal, non-sugared cereal will also be available.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February is Heart Month Eating breakfast daily helps children and adults achieve a healthy weight. **Healthy Weight = Healthy Heart** **A heart healthy breakfast at school is the best way to start the day!** ♥ Choose a hot breakfast, whole grain cereal or low-fat yogurt ♥ Add a serving of fruit ♥ Add low or non-fat milk 		**February 1** *Breakfast* KIX CEREAL** OR CINNAMON ROLL W/ICING & STRING CHEESE, DICED PEARS, ORANGE JUICE (4 OZ) *Lunch* TINCHER TACOS OR CHICKEN TENDERS SHREDDED LETTUCE WHOLE KERNEL CORN BANANA WHOLE GRAIN ROLL	**February 2** *Breakfast* REDUCED SUGAR CINNAMON TOAST CRUNCH CEREAL** OR WHOLE GRAIN FRENCH TOAST STICKS W/SYRUP & STRING CHEESE, APPLESAUCE, ORANGE JUICE (4 OZ) *Lunch* ITALIAN MEAT SAUCE W/CHEESE-FILLED BREADSTICK OR CORN DOG, CARROTS W/RANCH DRESSING, FRESH PEAR, APPLE CINNAMON CUP●	**February 3** *Breakfast* VARIETY CEREAL** OR BEEF & BEAN BURRITO, VARIETY FRUIT, JUNGLE CRACKERS, VARIETY JUICE (4 OZ) *Lunch* WHOLE GRAIN CHEESE PIZZA OR WHOLE WHEAT PEPPERONI PIZZA◆, TOSSED SALAD W/RANCH DRESSING, VARIETY FRUIT, STRAWBERRY CUP, VARIETY ROLL/CRACKERS●
February 6 *Breakfast* REDUCED SUGAR FRUIT LOOPS CEREAL** OR MANAGER'S CHOICE, MIXED FRUIT, GOLDEN SPICE BREAD, APPLE JUICE (4 OZ) *Lunch* TERIYAKI MEATBALLS W/RICE OR MANAGER'S CHOICE PEAS APPLE SLICES GRAHAM CRACKERS	**February 7** *Breakfast* REDUCED SUGAR CINNAMON TOAST CRUNCH CEREAL** OR BREAKFAST SAUSAGE BAGEL, DICED PEARS, GRAHAM CRACKERS, ORANGE JUICE (4 OZ) *Lunch* CHICKEN NUGGETS OR BEAN & CHEESE TOSTADA, SHREDDED LETTUCE, WHOLE KERNEL CORN, FRESH ORANGE, MIXED FRUIT CUP, HAWAIIAN ROLL●	**February 8** *Breakfast* CHOCOLATE MINI WHEATS CEREAL** OR CINNAMON ROLL W/ICING, APPLESAUCE, ORANGE JUICE (4 OZ) *Lunch* TURKEY & GRAVY OR GRILLED CHEESE SANDWICH, MASHED POTATOES W/GRAVY, BANANA, CHOCOLATE PUDDING, WHOLE GRAIN ROLL	**February 9** *Breakfast* HONEY NUT CHEERIOS CEREAL** OR WHOLE GRAIN PANCAKES W/SYRUP & EGG PATTY, DICED PEACHES, ORANGE JUICE (4 OZ) *Lunch* CHILI CHEESE W/POTATO WEDGES OR HAMBURGER ON WHEAT BUN, MIXED VEGETABLES, SHREDDED LETTUCE W/PICKLES, FRESH PEAR, HONEY BEAR CRACKERS	**February 10** *Breakfast* VARIETY CEREAL** OR BEAN & CHEESE BURRITO, VARIETY FRUIT, JUNGLE CRACKERS, VARIETY JUICE (4 OZ) *Lunch* GALAXY PEPPERONI PIZZA◆ OR GALAXY CHEESE PIZZA, CARROTS W/RANCH DRESSING, VARIETY FRUIT, APPLE CINNAMON CUP, CHOCOLATE CRACKERS●

FRUITED YOGURT (Featured Daily for Breakfast and Lunch)
CRUNCHY JUBILEE (Featured Daily for Breakfast Only)

Meal Pattern Worksheet – Grades K-5 Dates Menu was/will be served: _____

Please list food items to meet requirements with the portion sizes. For food items that are not offered daily or are included as ingredients in recipes, identify the day or recipe or any other additional information in the Comments column.

Meal Pattern Requirements			
LUNCH MENU CRITERIA	FOOD ITEM(S)	PORTION SIZE	COMMENTS
Fruits: Offer at least ½ cup every day of the week. Offer a total of at least 2 ½ cups per week.	M T W T F	M T W T F **Total Volume:**	
Dark green vegetables: Offer at least ½ cup per week	M T W T F	M T W T F **Total Volume:**	
Red-Orange vegetables: Offer at least ¾ cup per week	M T W T F	M T W T F **Total Volume:**	
Dry beans or peas (legumes): Offer at least ½ cup per week	M T W T F	M T W T F **Total Volume:**	

LUNCH MENU CRITERIA	FOOD ITEM(S)	PORTION SIZE	COMMENTS
Starchy vegetables: Offer no more than ½ cup per week	M T W T F	M T W T F **Total Volume:**	
Other vegetables: Offer at least ½ cup per week	M T W T F	M T W T F **Total Volume:**	
Additional vegetables: Offer at least 1 cup per week	M T W T F	M T W T F **Total Volume:**	
Vegetables: Offer at least ¾ cup vegetables every day of the week. Offer a total of at least 3 ¾ cups per week.		M - T - W - T - F - **Total Volume:**	**Yes or No?** **Yes or No?**
Whole grain-rich foods: At least half of grains offered must be whole grain-rich. List all grains served in oz. equivalent servings and indicate as "WGR" whole grain-rich items. Offer at least 1 Grains/Breads per day and a total of 8-9 oz equivalent servings per week.	1 2 3 4 5	1 2 3 4 5 **Total oz eq:**	

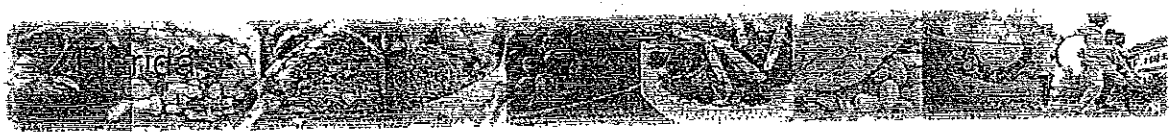
LUNCH MENU CRITERIA	FOOD ITEM(S)	PORTION SIZE	COMMENTS
Meats/Meat Alternates: Offer meats/meat alternates every day of the week. At least: Offer at least 1 oz. equivalent per day and a total of 8-10 oz. equivalent per week.	M T W T F	M T W T F **Total oz eq:**	
Milk: All Milk served must be non-fat (unflavored and flavored) or 1% unflavored.	**Yes or No?**		

Menu Planning Worksheet – K-5 Elementary School

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/meat alternate: 8-10 ounce equivalent weekly 1 ounce equivalent daily	Min: Max:	Min: Max:	Min: Max:	Min: Max:	Min: Max:
Fruit: 2½ cups weekly ½ cup daily					
Vegetable: 3¾ cups weekly ¾ cup daily					
• Dark/Green ½ cup weekly					
• Red/Orange ¾ cup weekly					
• Beans, Peas (Legumes) ½ cup weekly					
• Starchy ½ cup weekly					
• Other ½ cup weekly					
• Additional Vegetable to reach total 1 cup weekly					
Grains: 8-9 ounce equivalent weekly 1 ounce equivalent daily	Min: Max:	Min: Max:	Min: Max:	Min: Max:	Min: Max:
• Non-Whole Grain-Rich					
• Whole Grain-Rich					
Milk: 5 cups weekly 1 cup daily					

Menu Planning Worksheet – K-5 Elementary School

Component	Monday – 2/6	Tuesday – 2/7	Wednesday – 2/8	Thursday – 2/9	Friday – 2/10
Meat/meat alternate: 8-10 ounce equivalent weekly 1 ounce equivalent daily Total Min: 9 Total Max: 10	Meatballs (2 oz eq) Tuna Casserole (2 oz eq) Min: 2 Max: 2	Chicken Nuggets (2 oz eq) Bean & Cheese Tostada (2 oz eq) Min: 2 Max: 2	Turkey & Gravy (2 oz eq) Grilled Cheese Sandwich (1 oz eq) Min: 1 Max: 2	Chili Cheese (2 oz eq) Hamburger (2 oz eq) Min: 2 Max: 2	Pepperoni Pizza (2 oz eq) Cheese Pizza (2 oz eq) Min: 2 Max: 2
Fruit: 2½ cups weekly ½ cup daily	Apple Slices (1/2 c)	Fresh Orange (1/2 c) Mixed Fruit cup (1/2 c)	Banana (1/2 c)	Fresh Pear (1/2 c)	Apple Cinnamon Cup (1/2 c) Variety Fruit (1/2 c)
Vegetable: 3¾ cups weekly ¾ cup daily	Peas (1/2 c)	Shredded lettuce (1/2 c = ¼ c) Whole kernel corn (1/4 c)	Mashed potatoes (3/4 c)	Potato Wedges (1/2 c) Mixed vegetables (1/2 c) Shredded lettuce w/pickles (1/8 c)	Carrots (1/2 c) Tomato Sauce (1/8 c)
• Dark/Green ½ cup weekly					
• Red/Orange ¾ cup weekly					Carrots (1/2 c) Tomato Sauce (1/8 c)
• Beans, Peas (Legumes) ½ cup weekly					
• Starchy ½ cup weekly	Peas (1/2 c)	Whole kernel corn (1/4 c)	Mashed potatoes (3/4 c)	Potato Wedges (1/2 c)	
• Other ½ cup weekly		*Shredded lettuce (1/4 c)*			
• Additional Vegetable to reach total 1 cup weekly				Mixed vegetables (1/2 c)	
Grains: 8-9 ounce equivalent weekly 1 ounce equivalent daily Total Min: 6.75 Total Max: 10.5	Meatballs (.5 g/b) White Rice (1/2 c = 1 g/b) Pasta (1.25 g/b) Graham Crackers (14 gm) Min: 1.75 Max: 2	WG Breading (1 g/b) Tostada (1.5 g/b) Min: 1 Max: 1.5	WW Bread (2 g/b) WG roll (1 g/b) Min: 1 Max: 2	WW bun (2 g/b) Honey Crackers (1 g/b) Min: 1 Max: 3	Pizza Crust (2 g/b) Min: 2 Max: 2
• Non-Whole Grain-Rich	Meatballs (.5 g/b) White Rice (1 g/b) Pasta (1.25 g/b) Graham Crackers (.5 g/b)				Pizza Crust (2 g/b)
• Whole Grain-Rich		WG Breading (1 g/b) Tostada (1.5 g/b)	WW bread (2 g/b) WG roll (1 g/b)	WW bun (2 g/b) Honey Crackers (1g/b)	
Milk: 5 cups weekly 1 cup daily	Choice of: FF White (1 c) FF Chocolate (1 c) 1% White (1 c)	Choice of: FF White (1 c) FF Chocolate (1 c) 1% White (1 c)	Choice of: FF White (1 c) FF Chocolate (1 c) 1% White (1 c)	Choice of: FF White (1 c) FF Chocolate (1 c) 1% White (1 c)	Choice of: FF White (1 c) FF Chocolate (1 c) 1% White (1 c)

Additional Resources

- http://healthymeals.nal.usda.gov/best-practices/search/888
  - For cycle menus, 2010 Iowa HUSSC Gold Award 5 week cycle with recipes, nutrient analysis and portion sizes. It looks like this menu was from 2010 but it might be a good place to start for a school that is overwhelmed.
- http://www.freshfromflorida.com/divisions/fnw/national_school_lunch.html
  - Templates for 5-6-7 day menus for NSLP, SBP, Snacks, & SFSP for grades K-5, 6-8 and 9-12