

ON, WISCONSIN! MENUS

What are the *On, Wisconsin! Menus*?

- Five-week lunch cycle menu
 - ▣ Offers one or two option menus
- Three-week breakfast cycle menu
 - ▣ Works well in a variety of service options
 - Traditional
 - Grab & Go
 - Breakfast in the Classroom
- Provides comprehensive resources for implementation

Menu Advantages

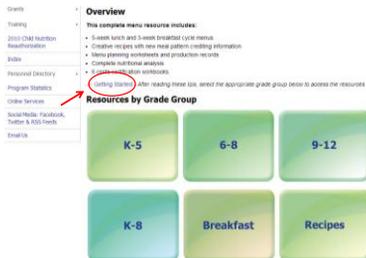
- Meets all standards to be implemented through SY 16-17:
 - ▣ Current standards:
 - All vegetable subgroup requirements
 - ▣ Upcoming standards:
 - Target 1 sodium guidelines
 - 100% whole grain-rich
 - 1 cup fruit and/or vegetables offered at breakfast

Menu Advantages

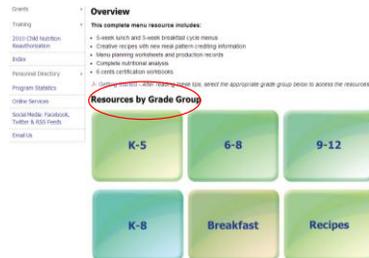
- Documents are partially completed and ready for immediate use in your schools including:
 - ▣ Recipes ready for standardization
 - ▣ Production records
 - ▣ Menu planning worksheets
 - ▣ 6-Cent workbooks

On, Wisconsin! Menus Website

http://fns.dpi.wi.gov/fns_wicyclenmenu



Meal Pattern Options Included



Select your Age/Grade Group:

Overview
This complete menu resource includes:

- 5-week lunch and 5-week breakfast cycle menus
- Creation recipes with step-by-step cooking information
- Menu planning worksheets and production records
- Complete nutritional analysis
- 4 weeks verification worksheets

Resources by Grade Group

- K-5** (highlighted)
- 6-8
- 9-12
- K-8
- Breakfast
- Recipes

K-5 Menu Resources

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION

On, Wisconsin! Menu Resources

K-5

Month	Week 1	Week 2	Week 3	Week 4	Week 5
January	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit
February	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit
March	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit
April	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit
May	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit	1. Beef, Turkey, Egg, Cheese, Potato, Pasta, Fruit

Monthly Menu

On, Wisconsin! Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Ham and Potato Casserole Ham, Potato, Cheese, Pasta, Fruit	Lasagna Meat, Cheese, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit
Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit	Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit
Beef Stroganoff Beef, Potatoes, Pasta, Fruit	Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit
Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit	Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit
Beef Stroganoff Beef, Potatoes, Pasta, Fruit	Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit

Weekly Menu

On, Wisconsin! Menu

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Ham and Potato Casserole Ham, Potato, Cheese, Pasta, Fruit	Lasagna Meat, Cheese, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit
Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit	Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit
Beef Stroganoff Beef, Potatoes, Pasta, Fruit	Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit
Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit	Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit
Beef Stroganoff Beef, Potatoes, Pasta, Fruit	Spaghetti Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Chicken Pot Pie Chicken, Potatoes, Pasta, Fruit	Beef Stroganoff Beef, Potatoes, Pasta, Fruit

Menu Planning Worksheet

Menu Planning Worksheet - K-5 Elementary School
Wisconsin Department of Public Instruction Cycle Menu - Week 1 of 5

Item	Monday	Tuesday	Wednesday	Thursday	Friday
Beef and Rice Burrito	Beef, Rice, Beans, Cheese, Potato, Pasta, Fruit	Ham and Potato Casserole	Lasagna	Chicken Pot Pie	Beef Stroganoff
Spaghetti	Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito	Chicken Pot Pie	Beef Stroganoff	Spaghetti
Beef Stroganoff	Beef, Potatoes, Pasta, Fruit	Spaghetti	Beef and Rice Burrito	Chicken Pot Pie	Beef Stroganoff
Spaghetti	Spaghetti, Meat, Cheese, Potato, Pasta, Fruit	Beef and Rice Burrito	Chicken Pot Pie	Beef Stroganoff	Spaghetti
Beef Stroganoff	Beef, Potatoes, Pasta, Fruit	Spaghetti	Beef and Rice Burrito	Chicken Pot Pie	Beef Stroganoff

Production Records

Production Record

Date	Class	Menu Item	Production	Comments
1/27/14	1st Grade	Beef and Rice Burrito	100	
1/27/14	1st Grade	Spaghetti	100	
1/27/14	1st Grade	Beef Stroganoff	100	
1/27/14	1st Grade	Spaghetti	100	
1/27/14	1st Grade	Beef Stroganoff	100	

3-Week Breakfast Cycle

Resources by Grade Group

K-5

6-8

9-12

K-8

Breakfast

Recipes

ist

Breakfast Week 1

Menu Resources:

- 2- Eggs
- 1- Menu, website
- 1- Menu, Planning Worksheet
- 1- Producer Reports
- 1- Daily Nutrient Calculator
- Breakfast Recipes

Menu Workbooks:

- K-5 Workbook
- K-6 Workbook
- K-12 Workbook
- S-8 Workbook
- S-12 Workbook

Breakfast Week 2

Menu Resources:

- 2- Eggs
- 1- Menu, website
- 1- Menu, Planning Worksheet
- 1- Producer Reports
- 1- Daily Nutrient Calculator
- Breakfast Recipes

Menu Workbooks:

- K-5 Workbook
- K-6 Workbook
- K-12 Workbook
- S-8 Workbook
- S-12 Workbook

Breakfast Week 3

Menu Resources:

- 2- Eggs
- 1- Menu, website
- 1- Menu, Planning Worksheet
- 1- Producer Reports
- 1- Daily Nutrient Calculator
- Breakfast Recipes

Menu Workbooks:

- K-5 Workbook
- K-6 Workbook
- K-12 Workbook
- S-8 Workbook
- S-12 Workbook

◀ Back to Oh, Wisconsin! Menu homepage

Breakfast Workbooks

- Identical individual workbooks are available for all of the acceptable age/grade groups at breakfast
 - Schools may alter the menu using more flexible calorie ranges if desired
 - K-5: 350-500 kcals
 - K-8: 400-500 kcals
 - 6-8: 400-550 kcals
 - 6-12: 450-550 kcals
 - 9-12: 450-650 kcals

Recipe Booklets

Menu Workbooks:

- K-5 Workbook
- K-6 Workbook
- K-12 Workbook
- S-8 Workbook
- S-12 Workbook

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- K-5 Workbook
- K-6 Workbook
- K-12 Workbook
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Recipes

Below is a complete list of recipes used for Oh, Wisconsin menus, sorted alphabetically.

- Breakfast
- Lunch

Individual recipes can be downloaded by selecting the links below. Please note you will be leaving DPI's website and entering a site called "OhDish". To download individual recipes, select the recipe, click on the "Download" button in the upper right corner, and select direct download.

- Breakfast
- Lunch

Contacts

Kelly Berg, RDH, CD Phone: 608.267.9296 E-mail: kelly.berg@dpi.wi.gov	Maggie Sanna, MS, RDN, CD Phone: 608.266.7261 E-mail: margaret.sanna@dpi.wi.gov	Claire Troutman, RDH, CD Phone: 608.266.9356 E-mail: claire.troutman@dpi.wi.gov
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PDF Recipe Booklet

WDPI-19	Cinnamon-Lime Brown Rice	23
WDPI-20	Cornish Squab	24
WDPI-21	Couscous Stuffed Turkey and Bean Soup	25
WDPI-22	Cucumber Salad	26
Oh, Wisconsin! Menu - Lunch Recipes		
WDPI-23	Oat Boardwalk Sandwich	27
WDPI-24	Delicious Refried Bean Dip	28
WDPI-25	Crispy Chicken Fajitas	29
WDPI-26	Fiesta Lasagna	31
WDPI-27	Fish Taco	33
WDPI-28	Flame Broiled Chiensteurgers	34
WDPI-29	Framed Mixed Fruit Cakes	35
WDPI-30	Greek Chicken Salad with Greek Yogurt Balsamic Dressing	36
WDPI-31	Harvest Glazed Cornish	38

PDF Recipe

RECIPE NAME: Whole Wheat Sugar Cookies		File No: WDPI-31	
Grade Group: 6-12		Adapted from USDA Recipe (Desserts C-30)	
Number of Portions: 50		HACCP Process:	
Portion Size: 1 Cookie		1. 240°F Cook	
Serving Method: Direct hand		2. 240°F Cook & Serve Same Day	
Serving Size: 1 Cookie		3. 240°F Includes Cooling Step	
Serving Size: 1 Cookie			
Ingredients:	Weight	Measure	Procedure:
Margarine or butter	12 oz	1 1/2 cups	1. Cream margarine or butter and sugar in mixer with paddle attachment on medium speed for 10 minutes.
Sugar	1 1/2 lb	3 cups	2. Add eggs, vanilla and salt. Mix for 1 minute on low speed or until combined. Scrape down sides of bowl.
Cracked whole eggs, Peased Off-Fresh large eggs	8 @ 2	8 eggs	3. In a separate bowl combine flour, baking powder, baking soda, salt, nutmeg and cinnamon. Sifted into the creamed mixture for 1 minute on low speed until blended.
Vanilla	1/2 tsp	1/2 tsp	4. Lightly coat each ingredient with 200°F oil at 1/2 cup (one-third cup) at a time until evenly coated. Proceed with the remainder of the recipe.
Whole-wheat flour	19 1/2 oz	3 1/2 cups	5. Combine sugar and cinnamon and sprinkle over cookies.
Baking powder	1 1/2 tsp	1 1/2 tsp	6. Bake until light brown.
Baking soda	1 tsp	1 tsp	Conventional oven: 237°F for 12 minutes
Ground nutmeg	1/2 tsp	1/2 tsp	Convection oven: 227°F for 8 minutes
Ground cinnamon	4 oz	1 cup	
Sugar			
Ground cinnamon			
Total Yield	Number of Portions: 2	Equipment (if not specified in procedures above):	
Weight: 36 lb	Measure (volume): 2 1/2 quarts	Pan Size: 12" x 20" x 2 1/2"	
Meal Component Contribution Based on Portion Size		Nutrient Analysis Based on Portion Size	
Meal/Meal Alternative:		Calories: 173	
Vegetable Subgroups:		Saturated Fat (g): 1.39	
Fruits:		Sodium (mg): 201	
Grains:			
DGI+ Dark Green BPO+ Beans/Pulses (Legumes) RD+Red/Orange S+Starchy O+Other			

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Link to DropBox Folder

Menu Workbooks:

- K-5 Workbook
- K-6 Workbook
- K-12 Workbook
- S-8 Workbook
- S-12 Workbook

Menu Workbooks:

- K-5 Workbook
- K-6 Workbook
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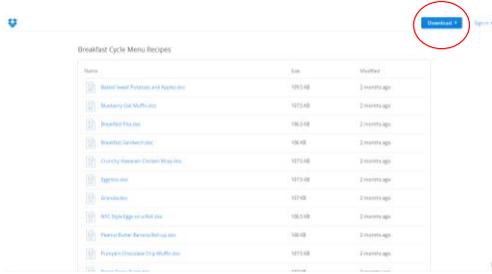
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- Breakfast
- Lunch

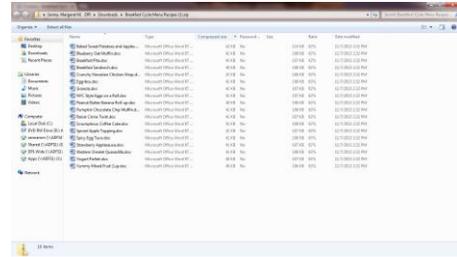
Contacts

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Using DropBox



Using DropBox – Save as .zip File



Using DropBox - Downloading



How to Make a Substitution

- Verify continued meal pattern compliance by updating menu planning worksheets or 6-Cents worksheets
- Ensure nutrient specifications have been met using the weekly nutrient calculator
- Communicate the changes to staff and students
 - Menu
 - Production records

Now you have the tools...

- You still are responsible for ensuring the meal pattern is being met
 - Ask yourself
 - Have you printed the production records for the correct age/grade groups?
 - Are you using the proper portioning utensils?
 - Are you planning the right number of items?
 - Does a student's age affect portion size?
 - Do you have the right year's state issued products?
 - Have all substitutions been clearly documented?

If you need help...

- See the "Contacts" listed on the *On, Wisconsin! Menus!* homepage
- In the event that staff is out of the office, please contact the Operation Program Associate at 608-267-9228.

Feedback is Welcome!

- We want to hear from you!
 - ▣ What did you like?
 - ▣ What didn't you like?
 - ▣ Do you think there's a tool that would be useful but hasn't been created yet?
 - ▣ How can we help?

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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