

NSLP TRADITIONAL FOOD-BASED Lunch Meal Pattern

Grades 7-12 (CHOICE)

You must serve all four components (milk, fruit/vegetable and grains/bread)

Grains and breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.

Fruit Rotation:

FRUIT

FRUIT

FRUIT

FRUIT

FRUIT

		1-Feb	2-Feb	3-Feb	4-Feb	5-Feb
		Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	4-12 Min Portion (to serve 7-12)	Chicken Tamale	Baked Ziti with Zesty Hamburger	All Natural Teriyaki Chicken with Stir Fry Vegetables and NSF Rice	Sloppy Joe	Grilled Chicken Sandwich
Total Meal Pattern Contributions:		<i>1.5 srv GB, 2 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>1.5 srv GB, 2.5 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>1.5 srv GB, 2.25 oz. MA, 7/8 cp FV, 8 fl. oz. MLK</i>	<i>2.6 srv GB, 2.25 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>2.6 srv GB, 2 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>
Grains/Breads	1 per day & 8 per week	3/4 cup brown spanish rice	3/4 cup penne pasta, cooked	3/4 cup not so fried rice	1 each 100% whole wheat bun (2.3 oz/ 65 gram)	1 each 100% whole wheat bun (2.3 oz/ 65 gram)
Meat/meat alternative	2 oz total	1 oz wt. cooked chicken included in prepared tamale	2 oz wt. taco beef (1.5 oz wt protein equiv)	3 oz wt AP cooked chicken thigh (pure, boneless chicken) (2.25oz wt protein equiv)	4.5 oz wt sloppy joe mix (2.25oz wt protein equiv)	2 oz wt cooked chicken breast tenderloin (pure boneless chicken) (2 oz wt protein equiv)
Meat/meat alternative condiment		1/4 cup seasoned black beans (1 oz wt protein equiv)	1oz wt shredded cheddar cheese	1 each 1.5 fl oz teriyaki sauce		1 each mayo packet
Vegetable or Fruit	3/4 cup	1/4 cup steamed squash medley	3 fl oz Creamy Ranchero Sauce	3/8 cup mixed vegetables	1/4 cup baby carrots	1/4 cup lettuce
Milk	1 cup	1/2 cup medium fruit	1/4 cup seasonal vegetable	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
		8 fl oz milk	1/2 cup 1 med fruit	8 fl oz milk	8 fl oz milk	8 fl oz milk
VEG Meal	4-12 Min Portion (to serve 7-12)	Cheese Tamale	Pasta Marinara with Parmesan	All Natural Teriyaki Tofu with Stir Fry Vegetables and NSF Rice	SW Black Bean Bowl with Tofu	Garden Vegetable Bean Soup
Total Meal Pattern Contributions:		<i>1.5 srv GB, 2 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>2 srv GB, 2.5 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>1.5 srv GB, 2.5 oz. MA, 7/8 cp FV, 8 fl. oz. MLK</i>	<i>1 srv GB, 3.14 oz. MA, 9/10 cp FV, 8 fl. oz. MLK</i>	<i>2.6 srv GB, 2 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>
Grains/Breads	1 per day & 8 per week	3/4 cup brown spanish rice	1 cup cooked pasta	3/4 cup not so fried rice	1/2 cup cilantro rice	1 each wheat dinner roll (2.2 oz/65 grams)
Meat/meat alternative	2 oz total	1 oz wt. cheese included in prepared tamale	1 oz wt shredded parm cheese	6 oz yogurt (1.5 oz wt protein equiv)	1 cup black bean and cheese included in	1/4 cup white beans (1oz wt protein equiv)
Meat/meat alternative condiment		1/4 cup seasoned black beans (1 oz wt protein equiv)	1 each 6 oz yogurt (1.5 oz wt protein equiv)	1 each 6 oz yogurt (1.5 oz wt protein equiv)	.5 oz shredded jack cheese	1 oz wt Sunflower Seeds
Vegetable or Fruit	3/4 cup	1/4 cup seasonal vegetable	3/8 cup marinara sauce	1 each 1.5 fl oz teriyaki sauce, .75 oz wt tofu	1 oz baked tofu	1 1/4 cup Garden Vegetable Soup
Milk	1 cup	1/2 cup medium fruit	1/4 cup seasonal vegetables	3/8 cup mixed vegetables	2/5 cup corn and red onion included in	1/4 cup vegetables included in 10 fl oz portion of prepared Garden Veg Soup
		8 fl oz milk	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
			8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk
VEG Meal	4-12 Min Portion (to serve 7-12)			All Natural Cheese Pizza with Baby Carrots		Macaroni and Cheese
Total Meal Pattern Contributions:				<i>3.1 srv GB, 3 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>		<i>1.8 srv GB, 2 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>
Grains/Breads	1 per day & 8 per week			1 each cheese pizza (crust = 78 gm)		3/4 cup elbow pasta in prepared macaroni and cheese (45 gr dry pasta)
Meat/meat alternative	2 oz total			2 oz wt cheese, shredded (2 oz on pizza)		6 oz yogurt (1.5 oz wt protein equiv)
Meat/meat alternative condiment				1 oz wt sunflower seeds		.5 oz shredded cheese
Vegetable or Fruit	3/4 cup			1/4 cup baby carrots		1/4 cup steamed vegetable
Milk	1 cup			1/2 cup 1 med fruit		1/2 cup 1 med fruit
				8 fl oz milk		8 fl oz milk
DF Meal	4-12 Min Portion (to serve 7-12)	Chicken Tamale	Dairy Free Spaghetti with All Natural Meatballs	All Natural Teriyaki Chicken with Stir Fry Vegetables and NSF Rice	Sloppy Joe	Grilled Chicken Sandwich
Total Meal Pattern Contributions:		<i>1.5 srv GB, 2 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>1.5 srv GB, 2.2 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>1.5 srv GB, 2.25 oz. MA, 7/8 cp FV, 8 fl. oz. MLK</i>	<i>2.6 srv GB, 2.25 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>2.6 srv GB, 2 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>
Grains/Breads	1 per day & 8 per week	3/4 cup brown spanish rice	3/4 cup cooked pasta	3/4 cup not so fried rice	1 each 100% whole wheat bun (2.3 oz/ 65 gram)	1 each 100% whole wheat bun (2.3 oz/ 65 gram)
Meat/meat alternative	2 oz total	1 oz wt. cooked chicken included in prepared tamale	2.3 oz wt meatballs (yield 2.2 oz wt protein equiv) (13 each)	3 oz wt AP cooked chicken thigh (pure, boneless chicken) (2.25oz wt protein equiv)	4.5 oz wt sloppy joe mix (2.25oz wt protein equiv)	2 oz wt cooked chicken breast tenderloin (pure boneless chicken) (2 oz wt protein equiv)
Meat/meat alternative condiment		1/4 cup seasoned black beans (1 oz wt protein equiv)	1/2 cup marinara sauce	1 each 1.5 fl oz teriyaki sauce		1 each mayo packet
Vegetable or Fruit	3/4 cup	1/4 cup steamed squash medley	1/4 cup seasonal vegetable	3/8 cup mixed vegetables	1/4 cup baby carrots	1/4 cup lettuce
Milk	1 cup	1/2 cup medium fruit	1/4 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
		8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk
REG Sandwich	4-12 Min Portion (to serve 7-12)	Turkey and Cheese Sandwich	BBQ Turkey and Smoked Cheese Wrap	Turkey and Cheese Sandwich	Chicken Caesar Wrap	Turkey and Cheese Sandwich
Total Meal Pattern Contributions:		<i>3 srv GB/2.75 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>4.2 srv GB/2.5 oz. MA, 1 cp FV, 8 fl. oz. MLK</i>	<i>3 srv GB/2.75 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>	<i>4.2 srv GB/2.5 oz. MA, 1 cp FV, 8 fl. oz. MLK</i>	<i>3 srv GB/2.75 oz. MA, 3/4 cp FV, 8 fl. oz. MLK</i>
Grains/Breads	1 per day & 8 per week	1 Whole Wheat Kaiser Roll (75 gr)	1 each 12" tortilla (105 grams)	1 Whole Wheat Kaiser Roll (75 gr)	1 each 12" tortilla (105 grams)	1 Whole Wheat Kaiser Roll (75 gr)
Meat/meat alternative	2 oz total	2 oz wt turkey	1.5 oz wt 1.5 sliced turkey breast (1.5 oz protein equiv)	2 oz wt turkey	2.07 oz wt AP chicken breast strips(1.5 oz protein equiv)	2 oz wt turkey
Meat/meat alternative condiment		.75 oz wt cheese slices	1 oz wt smoked cheese, shredded	.75 oz wt cheese slices	1 oz wt parmesan cheese, shredded	.75 oz wt cheese slices
Vegetable or Fruit	3/4 cup	1 mayo packet	1 fl oz creamy BBQ dressing	1 mayo packet	1 fl oz Caesar dressing	1 mayo packet
Milk	1 cup	1/4 cup leaf lettuce	1/2 cup shredded romaine lettuce, 1 tbl diced tomato	1/4 cup leaf lettuce	1/2 cup shredded romaine lettuce	1/4 cup leaf lettuce
		1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
		8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk

VEG Sandwich	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Mediterranean Vegetable Wrap	
<i>4.2 srv G/B, 2.5 oz. M/A, 2.25 cp F/V, 8 fl. oz. MILK</i>	
1 each	12" tortilla (105 grams)
1.5 oz wt	toasted sunflower seeds
1/4 cup	garbanzo beans (1 oz wt protein equiv)
1.5 fl oz	yogurt sauce
3/4 cup	(zucchini, carrot, red pepper & onion strips); 1 cup romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Mediterranean Vegetable Wrap	
<i>4.2 srv G/B, 2.5 oz. M/A, 2.25 cp F/V, 8 fl. oz. MILK</i>	
1 each	12" tortilla (105 grams)
1.5 oz wt	toasted sunflower seeds
1/4 cup	garbanzo beans (1 oz wt protein equiv)
1.5 fl oz	yogurt sauce
3/4 cup	(zucchini, carrot, red pepper & onion strips); 1 cup romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Salad Option 1	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Chicken Caesar Salad	
<i>2.6 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
2.07 oz wt AP	chicken breast (pure, boneless) (1.5 oz wt protein equiv)
.75 oz	shredded parm cheese
	1 fl oz organic caesar dressing, 1/8 cup croutons
1.25 cups	romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Southwest Chicken Salad	
<i>1.1 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	Milton's Multigrain Crackers (22 grams)
2.07 oz wt AP	chicken breast (pure, boneless) (1.5 oz wt protein equiv)
3/8 cup (3/16 cup beans)	black bean salad, organic (.75 oz. protein equiv)
1 fl oz	organic ranch dressing
	romaine lettuce, 1/16 cup diced red pepper
1/2 cup	1 med fruit
8 fl oz	milk

Sesame Chicken Salad	
<i>2.6 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
3.08 oz wt AP	chicken breast with sesame seeds (pure, boneless) (2.25 oz wt protein equiv)
1 fl oz	soy vinaigrette; .6 oz wt sesame sticks
1.25 cups	romaine lettuce, 1/16 cup diced green onion
1/2 cup	1 med fruit
8 fl oz	milk

Chicken Chopped Salad	
<i>1.1 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	Pepperidge Farm Goldfish crackers (21 gr)
1.04 oz wt AP	chicken breast (pure, boneless) (.75 oz wt protein equiv)
1 each	sunflower seeds (1 oz wt); 1/8 cup white beans (.5 oz protein equiv)
1 each	.25 oz wt dried cranberries; 1 fl oz Mediterranean yogurt sauce
1.25 cup	romaine lettuce; roasted vegetables including red pepper, zucchini, and onions
1/2 cup	1 med fruit
8 fl oz	milk

Italian White Bean Salad	
<i>2.6 srv G/B, 2.5 oz. M/A, 2 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
1/2 cup	white beans (2 oz wt protein equiv)
.5 oz wt	shredded parm cheese
1 fl oz	balsamic vinaigrette
1 1/2 cup	1.25 cup lettuce, 1/8 cup red pepper, 1/8 cup tomato wedge
1/2 cup	1 med fruit
8 fl oz	milk

		8-Feb Monday	9-Feb Tuesday	10-Feb Wednesday	11-Feb Thursday	12-Feb Friday
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Main Meal	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

All Natural Cheeseburger on a Fresh Baked Bun	
<i>2.6 srv G/B, 2.78 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
2.55 oz wt AP	cooked beef/chicken patty (yield 2.03 oz wt protein equiv)
.75 oz wt	sliced cheese
1	organic ketchup packet, 3 pickle slices
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

Chicken Tamale	
<i>1.5 srv G/B, 2 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup	brown spanish rice
1 oz wt	cooked chicken included in prepared tamale
1/4 cup	seasoned black beans (1 oz wt protein equiv)
1/4 cup	steamed squash medley
1/2 cup	medium fruit
8 fl oz	milk

All Natural Cheese Pizza with Baby Carrots	
<i>3.1 srv G/B, 3 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	cheese pizza (crust = 78 gm)
2 oz wt	cheese, shredded (2 oz on pizza)
1 oz wt	sunflower seeds
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

Macaroni and Cheese	
<i>1.8 srv G/B, 2 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup (6.4 fl oz)	elbow pasta in prepared macaroni and cheese (45 gr dry pasta)
6 oz	yogurt (1.5 oz wt protein equiv)
.5 oz	shredded cheese
1/4 cup	steamed vegetables
1/2 cup	1 med fruit
8 fl oz	milk

All Natural Beef Hot Dog	
<i>2.3 srv G/B, 2.67 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2 oz/ 57 gm)
2.67 oz wt	Wellshire Farms beef hotdog (2.67 oz wt protein equiv)
1 each	organic ketchup
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

Main Meal	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

All Natural Cheeseburger on a Fresh Baked Bun	
<i>2.6 srv G/B, 2.78 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
2.55 oz wt AP	cooked beef/chicken patty (yield 2.03 oz wt protein equiv)
.75 oz wt	sliced cheese
1	organic ketchup packet, 3 pickle slices
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

Grilled Chicken Strip with Seasoned Pasta	
<i>1.5 srv G/B, 2 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup	cooked pasta
2 oz wt	cooked chicken breast tenderloin (pure boneless chicken) (2 oz wt protein equiv)
1/4 cup	seasonal vegetable;
1/2 cup	1 med fruit
8 fl oz	milk

All Natural Beef Hot Dog	
<i>2.3 srv G/B, 2.67 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2 oz/ 57 gm)
2.67 oz wt	Wellshire Farms beef hotdog (2.67 oz wt protein equiv)
1 each	organic ketchup
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

Turkey Meatloaf with Pasta Fagioli	
<i>1.02 srv G/B, 2.22 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1.02 srv	1.02 servings grain from cooked pasta in 3/4 cup Pasta Fagioli
2.5 oz wt AP	turkey meatloaf (yield 1.08 oz wt protein equiv)
1.14 oz wt equiv	1.14 oz wt protein equiv from beans and cheese in 3/4 cup Pasta Fagioli
.5 fl oz	marinara sauce
1/4 cup	seasonal vegetable;
1/2 cup	1 med fruit
8 fl oz	milk

All Natural Dairy Free BBQ Chicken w/ White Rice	
<i>1.5 srv G/B, 2.25 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup	enriched, white rice
2.97 oz wt AP	cooked chicken thigh (pure, boneless chicken) (2.25 oz wt protein equiv)
2 fl oz	BBQ sauce
1/4 cup	seasonal vegetable;
1/2 cup	1 med fruit
8 oz	milk

VEG Meal	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Pasta Alfredo	
<i>1.5 srv G/B, 2 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup	cooked pasta
.5 oz wt	parm cheese
6 oz	yogurt (1.5 oz wt protein equiv)
1/2 cup	alfredo sauce
1/4 cup	seasonal vegetable;
1/2 cup	1 med fruit
8 fl oz	milk

Egg and Cheese Sandwich	
<i>2.4 srv G/B, 2.25 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	whole wheat english muffin (61 gr)
1.5 oz wt	1.5 oz wt egg patty (yield 1.5 oz protein equiv)
.75 oz wt	sliced cheese
1 each	organic ketchup packet
1/4 cup	baby carrots (2 oz)
1/2 cup	1 med fruit
8 fl oz	milk

Pasta Fagioli	
<i>1.36 srv G/B, 2.27 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1.36 srv	1.36 servings grain from cooked pasta in 1 cup Pasta Fagioli
1.52 oz wt equiv	1.52 oz wt protein equiv from beans and cheese in 1 cup Pasta Fagioli
.75 oz wt	parmesan cheese
1/4 cup	seasonal vegetable;
1/2 cup	1 med fruit
8 fl oz	milk

Macaroni and Cheese	
<i>1.8 srv G/B, 2 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup (6.4 fl oz)	elbow pasta in prepared macaroni and cheese (45 gr dry pasta)
6 oz	yogurt (1.5 oz wt protein equiv)
.5 oz	shredded cheese
1/4 cup	steamed vegetables
1/2 cup	1 med fruit
8 fl oz	milk

All Natural Cheese Pizza with Baby Carrots	
<i>3.1 srv G/B, 3 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	cheese pizza (crust = 78 gm)
2 oz wt	cheese, shredded (2 oz on pizza)
1 oz wt	sunflower seeds
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

DF Meal	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative	

All Natural Dairy Free Hamburger on a Fresh Baked Bun	
<i>2.6 srv G/B, 2.03 oz. MA, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
2.55 oz wt	cooked beef/chicken patty (yield 2.03 oz wt protein equiv)
AP	

Grilled Chicken Strip with Seasoned Pasta	
<i>1.5 srv G/B, 2 oz. MA, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup	cooked pasta
2 oz wt	cooked chicken breast tenderloin (pure boneless chicken) (2 oz wt protein equiv)

All Natural Beef Hot Dog	
<i>2.3 srv G/B, 2.67 oz. MA, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2 oz/ 57 gm)
2.67 oz wt	Wellshire Farms beef hotdog (2.67 oz w protein equiv)

All Natural Dairy Free Beef Taco	
<i>3.2 srv G/B, 2.33 oz. MA, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	8" tortilla (55 grams), 1/2 cup brown spanish rice
1.5 oz wt	taco beef (1.13 oz wt protein equiv)
3/8 cup	bean spread (1.2 oz protein equiv)

All Natural Dairy Free BBO Chicken w/ White Rice	
<i>1.5 srv G/B, 2.25 oz. MA, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup	enriched, white rice
2.97 oz wt	cooked chicken thigh (pure, boneless chicken) (2.25 oz wt protein equiv)
AP	

condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

1 each	organic ketchup, 3 pickle slices, 1 oz special sauce
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

1/4 cup	seasonal vegetables
1/2 cup	1 med fruit
8 fl oz	milk

1 each	organic ketchup
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

1 each	organic salsa packet
1/4 cup	1/4 cup steamed corn, 1 tbsp green cabbage
1/2 cup	1 med fruit
8 fl oz	milk

2 fl oz	BBQ sauce
1/4 cup	seasonal vegetables
1/2 cup	1 med fruit
8 oz	milk

REG Sandwich	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative	
condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Turkey and Cheese Sandwich	
<i>3 srv G/B 2.75 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
2 oz wt	turkey
.75 oz wt	cheese slices
1	mayo packet
1/4 cup	leaf lettuce
1/2 cup	1 med fruit
8 fl oz	milk

BBQ Turkey and Smoked Cheese Wrap	
<i>4.2 srv G/B 2.5 oz. M/A, 1 cp F/V, 8 fl. oz. MILK</i>	
1 each	12" tortilla (105 grams)
1.5 oz wt	1.5 sliced turkey breast (1.5 oz protein equiv)
1 oz wt	smoked cheese, shreddec
1 fl oz	creamy BBQ dressing
1/2 cup	1/2 cup shredded romaine lettuce, 1 tbl diced tomato
1/2 cup	1 med fruit
8 fl oz	milk

Turkey and Cheese Sandwich	
<i>3 srv G/B 2.75 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
2 oz wt	turkey
.75 oz wt	cheese slices
1	mayo packet
1/4 cup	leaf lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Chicken Caesar Wrap	
<i>4.2 srv G/B 2.5 oz. M/A, 1 cp F/V, 8 fl. oz. MILK</i>	
1 each	12" tortilla (105 grams)
2.07 oz wt AP	chicken breast strips(1.5 oz protein equiv)
1 oz wt	parmesan cheese, shreddec
1 fl oz	Caesar dressing
1/2 cup	1/2 cup shredded romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Turkey and Cheese Sandwich	
<i>3 srv G/B 2.75 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
2 oz wt	turkey
.75 oz wt	cheese slices
1	mayo packet
1/4 cup	leaf lettuce
1/2 cup	1 med fruit
8 fl oz	milk

VEG Sandwich	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Mediterranean Vegetable Wrap	
<i>4.2 srv G/B 2.5 oz. M/A, 2.25 cp F/V, 8 fl. oz. MILK</i>	
1 each	12" tortilla (105 grams)
1.5 oz wt	toasted sunflower seeds
1/4 cup	garbanzo beans (1 oz wt protein equiv)
1.5 fl oz	yogurt sauce
3/4 cup	(zucchini, carrot, red pepper & onion strips); 1 cup romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Mediterranean Vegetable Wrap	
<i>4.2 srv G/B 2.5 oz. M/A, 2.25 cp F/V, 8 fl. oz. MILK</i>	
1 each	12" tortilla (105 grams)
1.5 oz wt	toasted sunflower seeds
1/4 cup	garbanzo beans (1 oz wt protein equiv)
1.5 fl oz	yogurt sauce
1 3/4 cups	3/4 cup (zucchini, carrot, red pepper & onion strips); 1 cup romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Salad Option 1	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative	
condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Chicken Caesar Salad	
<i>2.6 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
2.07 oz wt AP	chicken breast (pure, boneless) (1.5 oz wt protein equiv)
.75 oz	shredded parm cheese
	1 fl oz organic caesar dressing, 1/8 cup croutons
1.25 cups	romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Southwest Chicken Salad	
<i>1.1 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	Milton's Multigrain Crackers (22 grams)
2.07 oz wt AP	chicken breast (pure, boneless) (1.5 oz wt protein equiv)
3/8 cup (3/16 cup beans)	black bean salad, organic (.75 oz. protein equiv)
1 fl oz	organic ranch dressing
1.25 cups	romaine lettuce, 1/16 cup diced red pepper
1/2 cup	1 med fruit
8 fl oz	milk

Sesame Chicken Salad	
<i>2.6 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
3.08 oz wt AP	chicken breast with sesame seeds (pure, boneless) (2.25 oz wt protein equiv)
1 fl oz	soy vinaigrette; .6 oz wt sesame sticks
1.25 cups	romaine lettuce, 1/16 cup diced green onion
1/2 cup	1 med fruit
8 fl oz	milk

Chicken Chopped Salad	
<i>1.1 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	Pepperidge Farm Goldfish crackers (21 gr)
1.04 oz wt AP	chicken breast (pure, boneless) (.75 oz wt protein equiv)
1 each	sunflower seeds (1 oz wt); 1/8 cup white beans (.5 oz protein equiv)
1 each	.25 oz wt dried cranberries; 1 fl oz Mediterranean yogurt sauce
1.25 cup	romaine lettuce; roasted vegetables including red pepper, zucchini, and onions
1/2 cup	1 med fruit
8 fl oz	milk

Italian White Bean Salad	
<i>2.6 srv G/B, 2.5 oz. M/A, 2 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
1/2 cup	white beans (2 oz wt protein equiv)
.5 oz wt	shredded parm cheese
1 fl oz	balsamic vinaigrette
1 1/2 cup	1.25 cup lettuces, 1/8 cup red pepper, 1/8 cup tomato wedge
1/2 cup	1 med fruit
8 fl oz	milk

	15-Feb Monday	16-Feb Tuesday	17-Feb Wednesday	18-Feb Thursday	19-Feb Friday
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Main Meal	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative	
condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Chicken Tamale	
<i>1.5 srv G/B, 2 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup	brown spanish rice
1 oz wt.	cooked chicken included in prepared tamale
1/4 cup	seasoned black beans (1 oz wt protein equiv)
1/4 cup	steamed squash medley
1/2 cup	medium fruit
8 fl oz	milk

All Natural Cheese Pizza with Baby Carrots	
<i>3.1 srv G/B, 3 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	cheese pizza (crust = 78 gm)
2 oz wt	cheese, shredded (2 oz on pizza)
1 oz wt	sunflower seeds
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

Macaroni and Cheese	
<i>1.8 srv G/B, 2 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup (6.4 fl oz)	elbow pasta in prepared macaroni anc cheese (45 gr dry pasta)
6 oz	yogurt (1.5 oz wt protein equiv)
.5 oz	shredded cheese
1/4 cup	steamed vegetables
1/2 cup	1 med fruit
8 fl oz	milk

All Natural Beef Hot Dog	
<i>2.3 srv G/B, 2.67 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2 oz/ 57 gm)
2.67 oz wt	Welshire Farms beef hotdog (2.67 oz wt protein equiv)
1 each	organic ketchup
1/4 cup	baby carrots
1/2 cup	1 med fruit
8 fl oz	milk

All Natural Beef and Bean Chili with Cheese	
<i>3.9 srv G/B, 3.56 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	corn muffin (120 gm)
1 cup	prepared chili (2.81 oz protein equiv)
.75 oz wt	shredded cheese

Beef and Broccoli with NSF Rice	
<i>1.5 srv G/B, 2 oz. M/A, 7/8 cp F/V, 8 fl. oz. MILK</i>	
3/4 cup	not so fried rice
2.08 oz wt AP	seasoned beef tenderloin strips (2 oz wt protein equiv)
1 each	1 fl oz sauce

Sloppy Joe	
<i>2.6 srv G/B, 2.25 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
4.5 oz wt	sloppy joe mix (2.25oz wt protein equiv)

Grilled Chicken Sandwich	
<i>2.6 srv G/B, 2 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
2 oz wt	cooked chicken breast tenderloin (pure boneless chicken) (2 oz wt protein equiv)
1 each	mayo packet

		22-Feb Monday	23-Feb Tuesday	24-Feb Wednesday	25-Feb Thursday	26-Feb Friday
Main Meal	4-12 Min Portion (to serve 7-12)	All Natural Cheeseburger on a Fresh Baked Bun	Chicken Tamale	All Natural Cheese Pizza with Baby Carrots	Macaroni and Cheese	All Natural Beef Hot Dog
Total Meal Pattern Contributions:		2.6 srv GB, 2.78 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.5 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	3.1 srv GB, 3 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.8 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	2.3 srv GB, 2.67 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK
Grains/Breads	1 per day & 8 per week	1 each 100% whole wheat bun (2.3 oz/ 65 gram)	3/4 cup cooked spanish rice	1 each cheese pizza (crust = 78 gm)	3/4 cup (6.4 fl oz) elbow pasta in prepared macaroni and cheese (45 gr dry pasta)	1 each 100% whole wheat bun (2 oz/ 57 gm)
Meat/meat alternative	2 oz total	2.55 oz wt AP cooked beef/chicken patty (yield 2.03 oz wt protein equiv)	1 oz wt. cooked chicken included in prepared tamale	2 oz wt cheese, shredded (2 oz on pizza)	6 oz yogurt (1.5 oz wt protein equiv)	2.67 oz wt Wellshire Farms beef hotdog (2.67 oz wt protein equiv)
Meat/meat alternative		.75 oz wt sliced cheese	1/4 cup seasoned black beans (1 oz wt protein equiv)	1 oz wt sunflower seeds	.5 oz shredded cheese	
condiment		1 organic ketchup packet, 3 pickle slices				1 each organic ketchup
Vegetable or Fruit	3/4 cup	1/4 cup baby carrots	1/4 cup steamed squash medley	1/4 cup baby carrots	1/4 cup steamed vegetables	1/4 cup baby carrots
		1/2 cup 1 med fruit	1/2 cup medium fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
Milk	1 cup	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk
Main Meal	4-12 Min Portion (to serve 7-12)	All Natural Cheeseburger on a Fresh Baked Bun	Grilled Chicken Strip with Seasoned Pasta	Chicken Tamale	Turkey Meatloaf with Pasta Fagioli	All Natural Cheese Pizza with Baby Carrots
Total Meal Pattern Contributions:		2.6 srv GB, 2.78 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.5 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.5 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.02 srv GB, 2.22 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	3.1 srv GB, 3 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK
Grains/Breads	1 per day & 8 per week	1 each 100% whole wheat bun (2.3 oz/ 65 gram)	3/4 cup cooked pasta	3/4 cup brown spanish rice	1.02 srv elbow pasta in prepared macaroni and cheese in 3/4 cup Pasta Fagioli	1 each cheese pizza (crust = 78 gm)
Meat/meat alternative	2 oz total	2.55 oz wt AP cooked beef/chicken patty (yield 2.03 oz wt protein equiv)	2 oz wt cooked chicken breast tenderloin (pure boneless chicken) (2 oz wt protein equiv)	1 oz wt. cooked chicken included in prepared tamale	2.5 oz wt AP turkey meatloaf (yield 1.08 oz wt protein equiv)	2 oz wt cheese, shredded (2 oz on pizza)
Meat/meat alternative		.75 oz wt sliced cheese		1/4 cup seasoned black beans (1 oz wt protein equiv)	1.14 oz wt protein equiv from beans and cheese in 3/4 cup Pasta Fagioli	1 oz wt sunflower seeds
condiment		1 organic ketchup packet, 3 pickle slices			.5 fl oz marinara sauce	
Vegetable or Fruit	3/4 cup	1/4 cup baby carrots	1/4 cup seasonal vegetable:	1/4 cup steamed squash medley	1/4 cup seasonal vegetable:	1/4 cup baby carrots
		1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup medium fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
Milk	1 cup	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk
VEG Meal	4-12 Min Portion (to serve 7-12)	Pasta Alfredo	Egg and Cheese Sandwich	Cheese Tamale	Macaroni and Cheese	All Natural Cheese Pizza with Baby Carrots
Total Meal Pattern Contributions:		1.5 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	2.4 srv GB, 2.25 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.5 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.8 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	3.1 srv GB, 3 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK
Grains/Breads	1 per day & 8 per week	3/4 cup cooked pasta	1 each whole wheat english muffin (61 gr)	3/4 cup brown spanish rice	3/4 cup (6.4 fl oz) elbow pasta in prepared macaroni and cheese (45 gr dry pasta)	1 each cheese pizza (crust = 78 gm)
Meat/meat alternative	2 oz total	.5 oz wt parm cheese	1.5 oz wt. 1.5 oz wt egg patty (yield 1.5 oz protein equiv)	1 oz wt. cheese included in prepared tamale	6 oz yogurt (1.5 oz wt protein equiv)	2 oz wt cheese, shredded (2 oz on pizza)
Meat/meat alternative		6 oz yogurt (1.5 oz wt protein equiv)	.75 oz wt sliced cheese	1/4 cup seasoned black beans (1 oz wt protein equiv)	.5 oz shredded cheese	1 oz wt sunflower seeds
condiment		1/2 cup alfredo sauce	1 each organic ketchup packet			
Vegetable or Fruit	3/4 cup	1/4 cup seasonal vegetable	1/4 cup baby carrots (2 oz)	1/4 cup seasonal vegetable	1/4 cup steamed vegetables:	1/4 cup baby carrots
		1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup medium fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
Milk	1 cup	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk
DF Meal	4-12 Min Portion (to serve 7-12)	All Natural Dairy Free Hamburger on a Fresh Baked Bun	Grilled Chicken Strip with Seasoned Pasta	Chicken Tamale	All Natural Dairy Free Beef Taco	All Natural Dairy Free BBQ Chicken w/ White Rice
Total Meal Pattern Contributions:		2.6 srv GB, 2.03 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.5 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.5 srv GB, 2 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	3.2 srv GB, 2.33 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	1.5 srv GB, 2.25 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK
Grains/Breads	1 per day & 8 per week	1 each 100% whole wheat bun (2.3 oz/ 65 gram)	3/4 cup cooked pasta	3/4 cup brown spanish rice	1 each 8" tortilla (55 grams), 1/2 cup brown spanish rice	3/4 cup enriched, white rice
Meat/meat alternative	2 oz total	2.55 oz wt AP cooked beef/chicken patty (yield 2.03 oz wt protein equiv)	2 oz wt cooked chicken breast tenderloin (pure boneless chicken) (2 oz wt protein equiv)	1 oz wt. cooked chicken included in prepared tamale	1.5 oz wt taco beef (1.13 oz wt protein equiv)	2.97 oz wt AP cooked chicken thigh (pure, boneless chicken) (2.25 oz wt protein equiv)
Meat/meat alternative				1/4 cup seasoned black beans (1 oz wt protein equiv)	3/8 cup bean spread (1.2 oz protein equiv)	
condiment		1 each organic ketchup, 3 pickle slices, 1 oz special sauce			1 each organic salsa packet	2 fl oz BBQ sauce
Vegetable or Fruit	3/4 cup	1/4 cup baby carrots	1/4 cup seasonal vegetables	1/4 cup steamed squash medley	1/4 cup 1/4 cup steamed corn, 1 tbs green cabbage	1/4 cup seasonal vegetables
		1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup medium fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
Milk	1 cup	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 oz milk
REG Sandwich	4-12 Min Portion (to serve 7-12)	Turkey and Cheese Sandwich	BBQ Turkey and Smoked Cheese Wrap	Turkey and Cheese Sandwich	Chicken Caesar Wrap	Turkey and Cheese Sandwich
Total Meal Pattern Contributions:		3 srv GB, 2.75 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	4.2 srv GB, 2.5 oz. MA, 1 cp FIV, 8 fl. oz. MLK	3 srv GB, 2.75 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK	4.2 srv GB, 2.5 oz. MA, 1 cp FIV, 8 fl. oz. MLK	3 srv GB, 2.75 oz. MA, 3/4 cp FIV, 8 fl. oz. MLK
Grains/Breads	1 per day & 8 per week	1 Whole Wheat Kaiser Roll (75 gr)	1 each 12" tortilla (105 grams)	1 Whole Wheat Kaiser Roll (75 gr)	1 each 12" tortilla (105 grams)	1 Whole Wheat Kaiser Roll (75 gr)
Meat/meat alternative	2 oz total	2 oz wt turkey	1.5 oz wt 1.5 sliced turkey breast (1.5 oz protein equiv)	2 oz wt turkey	2.07 oz wt AP chicken breast strips (1.5 oz protein equiv)	2 oz wt turkey
Meat/meat alternative		.75 oz wt cheese slices	1 oz wt smoked cheese, shredded	.75 oz wt cheese slices	1 oz wt parmesan cheese, shredded	.75 oz wt cheese slices
condiment		1 mayo packet	1 fl oz creamy BBQ dressing	1 mayo packet	1 fl oz Caesar dressing	1 mayo packet
Vegetable or Fruit	3/4 cup	1/4 cup leaf lettuce	1/2 cup shredded romaine lettuce, 1 tbl diced tomato	1/4 cup leaf lettuce	1/2 cup 1/2 cup shredded romaine lettuce	1/4 cup leaf lettuce
		1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit	1/2 cup 1 med fruit
Milk	1 cup	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk	8 fl oz milk

VEG Sandwich	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Mediterranean Vegetable Wrap	
<i>4.2 srv G/B, 2.5 oz. M/A, 2.25 cp F/V, 8 fl. oz. MILK</i>	
1 each	12" tortilla (105 grams)
1.5 oz wt	toasted sunflower seeds
1/4 cup	garbanzo beans (1 oz wt protein equiv)
1.5 fl oz	yogurt sauce
3/4 cup	zucchini, carrot, red pepper & onion strips); 1 cup romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Mediterranean Vegetable Wrap	
<i>4.2 srv G/B, 2.5 oz. M/A, 2.25 cp F/V, 8 fl. oz. MILK</i>	
1 each	12" tortilla (105 grams)
1.5 oz wt	toasted sunflower seeds
1/4 cup	garbanzo beans (1 oz wt protein equiv)
1.5 fl oz	yogurt sauce
3/4 cup	zucchini, carrot, red pepper & onion strips); 1 cup romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Hummus and Cheese Sandwich	
<i>3 srv G/B, 3.07 oz. M/A, 3/4 cp F/V, 8 fl. oz. MILK</i>	
1	Whole Wheat Kaiser Roll (75 gr)
3/8 cup	hummus (1.32 oz equiv meat alt.)
.75 oz wt	cheese slices
1 oz	sunflower seeds
1/4 cup	sliced cucumber and lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Salad Option 1	4-12 Min Portion (to serve 7-12)
Total Meal Pattern Contributions:	
Grains/Breads	1 per day & 8 per week
Meat/meat alternative	2 oz total
Meat/meat alternative condiment	
Vegetable or Fruit	3/4 cup
Milk	1 cup

Chicken Caesar Salad	
<i>2.6 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
2.07 oz wt AP	chicken breast (pure, boneless) (1.5 oz wt protein equiv)
.75 oz	shredded parm cheese
	1 fl oz organic caesar dressing, 1/8 cup croutons
1.25 cups	romaine lettuce
1/2 cup	1 med fruit
8 fl oz	milk

Southwest Chicken Salad	
<i>1.1 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	Milton's Multigrain Crackers (22 grams)
2.07 oz wt AP	chicken breast (pure, boneless) (1.5 oz wt protein equiv)
3/8 cup (3/16 cup beans)	black bean salad, organic (.75 oz. protein equiv)
1 fl oz	organic ranch dressing
1.25 cups	romaine lettuce, 1/16 cup diced red pepper
1/2 cup	1 med fruit
8 fl oz	milk

Sesame Chicken Salad	
<i>2.6 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
3.08 oz wt AP	chicken breast with sesame seeds (pure, boneless) (2.25 oz wt protein equiv)
1 fl oz	soy vinaigrette; .6 oz wt sesame sticks
1.25 cups	romaine lettuce, 1/16 cup diced green onion
1/2 cup	1 med fruit
8 fl oz	milk

Chicken Chopped Salad	
<i>1.1 srv G/B, 2.25 oz. M/A, 1.75 cp F/V, 8 fl. oz. MILK</i>	
1 each	Pepperidge Farm Goldfish crackers (21 gr)
1.04 oz wt AP	chicken breast (pure, boneless) (.75 oz wt protein equiv)
1 each	sunflower seeds (1 oz wt); 1/8 cup white beans (.5 oz protein equiv)
1 each	.25 oz wt dried cranberries; 1 fl oz Mediterranean yogurt sauce
1.25 cup	romaine lettuce; roasted vegetables including red pepper, zucchini, and onions
1/2 cup	1 med fruit
8 fl oz	milk

Italian White Bean Salad	
<i>2.6 srv G/B, 2.5 oz. M/A, 2 cp F/V, 8 fl. oz. MILK</i>	
1 each	100% whole wheat bun (2.3 oz/ 65 gram)
1/2 cup	white beans (2 oz wt protein equiv)
.5 oz wt	shredded parm cheese
1 fl oz	balsamic vinaigrette
1 1/2 cup	1.25 cup lettuces, 1/8 cup red pepper,
1/2 cup	1 med fruit
8 fl oz	milk