

# Cold Lunch/Dinner Sample Menu

Week 1

\*Items denote fresh fruit/vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Turkey and Cheese Sandwich</b> recipe Orange Slices* 1/2 cup Carrots* 1/2 cup Milk 8 oz	<b>Chef Salad*</b> recipe Fruit Cocktail 1/2 cup Milk 8 oz	<b>Pizza "Lunchable"</b> recipe Broccoli* 1/2 cup Juice 4 oz Milk 8 oz	<b>Taco Salad*</b> recipe Tortilla Chips 1oz svg Applesauce 1/2 cup Milk 8 oz	<b>Ham Roll-up</b> recipe Watermelon* 1/2 cup Red Pepper Strips* 1/4 cup Milk 8oz
<b>Turkey and Chz Sandwich</b> Turkey Lunch Meat 2oz American Cheese 1 slice WG Bread 2 slices or WG Bun 1 each	<b>Chef Salad</b> Lettuce 1 cup Shredded Carrots 1 T Shredded Cheese 1/8 cup Turkey 2 slices Ham 2 slices Goldfish Crackers 1oz pkg Ranch Dressing 1 pkg	<b>Pizza "Lunchable"</b> WG Sandwich Slims 1 each Marinara Sauce 1/4 cup Mozzarella Cheese 1/2 cup Pepperoni 4 each	<b>Taco Salad</b> Shredded Lettuce 1 cup Taco Beef 1/4 cup Shredded Cheese 1/4 Cup Salsa 1/4 cup Ranch Dressing 1 pkg	<b>Ham Roll-up</b> Ham 2oz Cheddar Cheese 1 slice WG Tortilla 1 each

**Week 2**

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal 1 pkg Yogurt 8 oz Strawberries* 1/2 cup Juice 4oz Milk 8 oz	<b>Chicken Wrap*</b> recipe Orange Slices* 1/2 cup Milk 8 oz	<b>Ham and Cheese Pita</b> recipe Cauliflower* 1/4 cup Juice 4 oz Milk 8 oz Graham Cookies 1oz	<b>PBJ Sandwich</b> recipe String Cheese 1 each Cherry Tomatoes* 1/2 cup Peaches 1/2 cup Milk 8 oz	<b>Popcorn Chicken Salad*</b> recipe Grapes* 1/2 cup Milk 8 oz
	<b>Chicken Wrap</b> WG Tortilla 1 each Diced Chicken 1/4 cup Shredded Lettuce 1/4 cup Shredded Cheese 1/4 cup Tomato Slices 2 each Ranch Dressing 1 pkt	<b>Ham and Cheese Pita</b> Ham 4 slices Provolone Cheese 1 slice Pita Pocket 1/2 each	<b>PBJ</b> WG Bread 2 slices Peanut Butter 2 Tbs Jelly 2 Tbs	<b>Popcorn Chicken Salad</b> Lettuce 1 cup Tomatoes 1/4 cup Popcorn Chicken 8 pieces Shredded Cheese 1/4 cup Dinner Roll 1 each Ranch Dressing 1 pkt

All Items to be held at or below 40 degrees Fahrenheit (5 degrees Celsius)

Standardized recipes available for all entrée items

This institution is an equal opportunity provider, employer, and lender.

## Hot Lunch/Dinner Sample Menu

Week 1

\*Items denote fresh fruit/vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Ham and Cheese Sandwich</b> recipe Applesauce 1/2 cup Green Beans 1/2 cup Milk 8 oz	<b>Grilled Chicken Salad*</b> recipe Banana* 1 each Milk 8 oz Graham Cookies 1oz	<b>"Pizzadilla"</b> recipe Steamed Broccoli 1/4 cup Orange Slices* 1/2 cup Milk 8 oz	<b>Nachos</b> recipe Lettuce/Tomato* 1/2 cup Pineapple 1/2 cup Milk 8 oz	<b>Popcorn Chicken w/ WG roll</b> CN Label 1 roll Cauliflower* 1/4 cup Fresh Melon* 1/2 cup Milk 8 oz
<b>Hot Ham and Cheese Sandwich</b> Ham 2oz American Cheese 1 slice WG Bread 2 slices or WG Bun 1 each	<b>Chef Salad</b> Lettuce 1 cup Shredded Carrots 1 T Shredded Cheese 1/8 cup Diced Chicken 1/4 cup Goldfish Crackers 1oz pkg Ranch Dressing 1 pkg	<b>"Pizzadilla"</b> WG Tortilla 1 each Shred. Mozzarella 1/4 cup Cooked Sausage 2 oz Marinara (on side) ¼ cup	<b>Nachos</b> Tortilla Chips 1 oz Cooked Ground Beef 1 oz Shredded Cheese 1/4 Cup Salsa 1/4 cup	

**Week 2**

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks    CNLabel Yogurt                    4 oz Cheese stick            1 oz Strawberries*        1/2 cup Juice                    4 oz Milk                     8 oz	<b>Chicken Quesadilla</b> recipe Black Beans            1/4 cup  Orange Slices*        1/2 cup Milk                     8 oz	<b>Spaghetti and Meatballs</b> recipe Side Salad*            1/2 cup  Fruit Cocktail         1/2 cup Milk                     8 oz	<b>Cheeseburger</b> recipe Cherry Tomatoes*    1/2 cup  Apple Slices*         1 each Milk                     8 oz	<b>Chicken Nugget Bowl</b> recipe Dinner Roll            1 each  Grapes*                1/2 cup Milk                     8 oz
	<b>Chicken Quesadilla</b> WG Tortilla            1 each Diced Chicken        1/4 cup Shredded Cheese      1/4 cup	<b>Spaghetti and Meatballs</b> Spaghetti Noodles    1/2 cup Marinara Sauce        1/2 cup Meatballs              4 each Mozzarella Cheese    1/8 cup	<b>Cheeseburger</b> WG Hamburger Bun   1 each Hamburger Patty      1 each Cheese                  1 slice	<b>Chicken Nugget Bowl</b> Chicken Nuggets      6 each Mashed Potatoes      1/4 cup Corn                    1/4 cup Shredded Cheese      1/8 cup Gravy                    1/8 cup

All items to be held at proper holding temperatures.

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