Week One

	Meat/meat alternate & bread (Choose One)	Milk (Choose One)	Fruits & vegetables (Choose Two)	Other Foods
MONDAY	• 2 Piece Chicken Tenders w/1 oz Dipping Cup, 2 oz Whole Wheat Roll • 1 Slice of Cheese, Pepperoni, Sausage, or Vegetable Pizza • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• ½ Cup Steamed Broccoli • 3 oz Raw Baby Carrots • ½ Cup Pineapple, Canned • 1 Small Fresh Apple	• 1 oz Krispy Treat
TUESDAY	• 1/2 Cup Chili w/ Grilled Cheese Sandwich • 5 oz Turkey & Veggie Wrap • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Baked Potato w/Margarine • 1/2 Cup Salad w/ Low-Fat Dressing • 1/2 Cup Applesauce, Sweetened • 1/2 Banana	• 1/2 Cup Jello
WEDNESDAY	• 3 oz Roast Beef & Gravy w/ Wheat Bread • 3.6 oz Fish on Wheat Bun w/ Catsup or Tartar Sauce • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Mashed Potatoes • 1/4 Cup Cole Slaw • 1/2 Cup Peaches, Canned • 1/2 Cup Fresh Grapes	
THURSDAY	• 4 oz Corn Dog w/Mustard & Catsup • 1 Piece Baked Chicken w/Wheat Biscuit • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Tater Tots w/Catsup • 1/4 Cup Baked Beans • 1/2 Cup Pears, Canned • 1/2 Cup Fresh Strawberries	
FRIDAY	• 3.8 oz Tuna Salad on Wheat Bread • 5.75 oz Beef & Bean Taco w/Cheese & Brown Rice • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/4 Cup Corn • 1/2 Cup Lettuce, Tomato, Salsa • 1/2 Cup Fruit Cocktail • 1 Orange	• 1 Cookie

	Cals	Mg Cholst	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Mon.	714	63	1072	8.08	5.72	544.85	9979	56.98	31.00	109.66	18.78	23.69%	5.39	6.80%
Tues.	712	70	1027	8.54	5.09	521.72	3629	39.18	31.11	106.13	19.42	24.54%	5.99	7.57%
Wed.	681	91	1066	6.65	6.62	470.17	3678	42.73	32.66	91.32	21.52	28.45%	5.82	7.69%
Thurs.	709	73	1430	9.11	5.93	545.57	3294	50.00	30.71	101.18	21.41	27.17%	6.92	8.78%
Fri.	731	82	976	8.48	5.86	531.07	3692	62.68	33.03	100.74	23.52	28.95%	7.59	9.34%
Weighted Average	709	76	1114	8.17	5.84	522.68	4854	50.31	31.70	101.81	20.93	26.55%	6.34	8.05%

	Menu Average	% of Calories	Target	% of Target
Calories	709		664	107%
Cholesterol (Milligrams)	76			
Sodium (Milligrams)	1114			
Fiber (Grams)	8.17			
Iron (Milligrams)	5.84		3.47	168%
Calcium (Milligrams)	522.68		286.00	183%
Vitamin A (International Units)	4854		1119	434%
Vitamin C (Milligrams)	50.31		15.24	330%
Protein (Grams)	31.70	17.88%	9.77	324%
Carbohydrate (Grams)	101.81	57.40%		
Total Fat (Grams)	20.93	26.55% (188 calories of 709)	30% (199 calories of 664)	
Saturated Fat (Grams)	6.34	8.05% (15 calories of 188)	10% (20 calories of 199)	

Week Two

	Meat/meat alternate & bread (Choose One)	Milk (Choose One)	Fruits & vegetables (Choose Two)	Other Foods
MONDAY	• 5 oz Hoagie Sandwich w/ Trimmings • 3/4 Cup Spaghetti & Meat Sauce w/ Bread Stick • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Green Beans • 1/2 Cup Salad w/ Low-Fat Dressing • 1/4 Cup Cherry Crisp • 1/2 Banana	
TUESDAY	• 3.1 oz Grilled Chicken Breast on Wheat Bun * • 3 oz Cheeseburger on Wheat Bun * • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/ 2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Trimmings • 1/2 Cup of French Fries w/Catsup • 1/2 Cup Peaches, Canned • 1 Fresh Apple	
WEDNESDAY	• 3 oz Baked Ham on Wheat Biscuit • 5 Chicken Nuggets w/ 1 oz Dipping Cup & Whole Wheat Bread • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Lima Beans • 3" Corn-on-the-Cob • 1/2 Cup Fruit Cocktail, Canned • 1 Tangerine	
THURSDAY	• 3/4 Cup Beef Vegetable Soup w/ 1 Peanut Butter Sandwich • 3 oz Turkey Breast on Whole Wheat Bread w/Trimmings * • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Raw Cucumber/Celery • 1/4 Cup Frozen Fruit Treat • 1/4 Cup Applesauce, Sweetened • 1/2 Cup Grapes	• 1 Cookie
FRIDAY	• 5.75 oz Chicken Fajita • 1 Slice Meat Loaf w/ Whole Wheat Roll • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Mashed Potatoes • 1/2 Cup Carrots & Broccoli w/Dip • 1/4 Cup Pineapple Canned • 1 Cup Watermelon Chunks	

* Mustard, Ketchup & Salad Dressing Available

	Cals	Mg Cholst	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Mon.	675	72	1234	7.06	5.88	539.97	4630	43.35	30.92	94.87	20.31	27.08%	5.92	7.89%
Tues.	711	78	1440	7.70	4.87	485.61	3578	33.21	29.90	96.46	24.03	30.43%	6.99	8.86%
Wed.	686	83	1272	7.62	5.78	492.73	3941	39.13	31.90	96.03	20.51	26.90%	5.78	7.58%
Thurs.	693	66	1073	7.13	4.94	477.06	3533	32.25	33.31	96.20	21.82	28.35%	5.78	7.50%
Fri.	666	84	1038	6.52	5.05	492.88	6357	58.16	32.07	90.66	20.19	27.28%	5.52	7.45%
Weighted Average	686	77	1211	7.21	5.30	497.65	4408	41.22	31.62	94.84	21.37	28.03%	6.00	7.87%

Nutrient	Menu Average	% of Calories	Target	% of Target
Calories	686		664	103%
Cholesterol (Milligrams)	77			
Sodium (Milligrams)	1211			
Fiber (Grams)	7.21			
Iron (Milligrams)	5.30		3.47	153%
Calcium (Milligrams)	497.65		286.00	174%
Vitamin A (International Units)	4408		1119	394%
Vitamin C (Milligrams)	41.22		15.24	270%
Protein (Grams)	31.62	18.44%	9.77	324%
Carbohydrate (Grams)	94.84	55.30%		
Total Fat (Grams)	21.37	28.03% (192 calories of 686)	30% (199 calories of 664)	
Saturated Fat (Grams)	6.00	7.87% (15 calories of 192)	10% (20 calories of 199)	

Week Three

	Meat/meat alternate & bread (Choose One)	Milk (Choose One)	Fruits & vegetables (Choose Two)	Other Foods
MONDAY	• 2.5 oz Deli Roast Beef on Wheat Bun * • 3.7 oz BBQ Drumsticks w/ Wheat Biscuit • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/4 Cup Hash Browns w/ Catsup • 1/2 Cup Trimmings • 1 Orange • 1/2 Cup Baked Apples	
TUESDAY	• 1 Stromboli Sandwich • 5.75 oz Beef & Bean Burrito w/ Salsa & Brown Rice • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Corn • 1/2 Cup Fresh Broccoli & Cauliflower • 1/2 Cup Fresh Strawberries • 1 Slice Cantaloupe	• 1 Piece Cake
WEDNESDAY	• 1 Cup Homemade Chicken Noodle Soup w/String Cheese & Crackers • 2.5 oz Sloppy Joe on Wheat Bun • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Baked Potato w/ Margarine • 1/2 Cup Celery Sticks w/ Peanut Butter • 1/2 Cup Mandarin Oranges, Canned • 1 Banana	• 1/2 Cup Jello
THURSDAY	• 5 Fish Nuggets w/ 1/2 Cup Macaroni & Cheese • 3 Piece Chicken Quesadilla • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Mashed Potatoes • 1/2 Cup Peas & Carrots • 1/2 Cup Pineapple, Canned • 1 Fresh Peach	
FRIDAY	• 2 oz Hot Dog on Wheat Bun w/ 1 oz Chili Sauce * • 2.75 oz Turkey Roast w/ Whole Wheat Roll • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-Fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/4 Cup Potato Salad • 1/2 Cup Baked Beans • 1/2 Cup Cole Slaw • 1/2 Cup Grapes	

* Mustard, Ketchup & Salad Dressing Available

	Cals	Mg Cholst	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Mon.	700	88	1342	7.16	5.09	507.49	3463	63.79	35.07	97.91	19.76	25.41%	5.54	7.12%
Tues.	685	66	1056	7.99	5.42	557.81	4132	69.99	31.59	103.17	17.36	22.81%	5.58	7.34%
Wed.	769	73	1200	7.92	5.31	533.64	4289	48.31	33.31	113.84	22.43	26.24%	6.64	7.77%
Thurs.	665	58	1363	6.62	8.21	497.39	7074	56.18	31.39	96.67	18.80	25.44%	4.92	6.66%
Fri.	710	104	1407	8.80	5.99	532.86	3469	39.07	33.89	96.93	23.00	29.14%	6.17	7.82%
Weighted Average	706	78	1274	7.70	6.00	525.84	4485	55.47	33.05	101.66	20.27	25.84%	5.77	7.36%

Nutrient	Menu Average	% of Cals	Target	% of Target
Calories	706		664	106%
Cholesterol (Milligrams)	78			
Sodium (Milligrams)	1274			
Fiber (Grams)	7.70			
Iron (Milligrams)	6.00		3.47	173%
Calcium (Milligrams)	525.84		286.00	184%
Vitamin A (International Units)	4485		1119	401%
Vitamin C (Milligrams)	55.47		15.24	364%
Protein (Grams)	33.05	18.73%	9.77	338%
Carbohydrate (Grams)	101.66	57.61%		
Total Fat (Grams)	20.27	25.84% (182 calories of 706)	30% (199 calories of 664)	
Saturated Fat (Grams)	5.77	7.36% (13 calories of 182)	10% (20 calories of 199)	

Week Four

	Meat/meat alternate & bread (Choose One)	Milk (Choose One)	Fruits & vegetables (Choose Two)	Other Foods
MONDAY	• 1 Cup Pinto Bean Soup w/ Corn Bread • 2 oz Grilled Cheese on Wheat Bread • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Mashed Potatoes • 1/2 Cup Cucumber/Celery • 1/4 Cup Frozen Fruit Treat • 1 Tangerine	
TUESDAY	• 3 oz Salisbury Steak w/ Gravy & Whole Wheat Roll • 3 oz Grilled Chicken on Wheat Bun * • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Green Beans • 1/2 Cup Cooked Carrots • 1/2 Cup Pears, Canned • 1/2 Cup Watermelon	• 1 Brownie
WEDNESDAY	• 3 oz Turkey Breast on Wheat Bread w/ Trimmings * • 1 Slice of Cheese, Pepperoni, Sausage, or Vegetable Pizza • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 Cup Salad w/ Low-Fat Dressing • 1/2 Cup Steamed Broccoli Spears • 1/2 Cup Applesauce, Sweetened • 1/4 Cup Cherry Delight	
THURSDAY	• 10 oz Taco Salad w/ Salsa and Brown Rice • 3 oz Ham on Wheat Bread w/ Trimmings * • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 3" Corn-on-the-Cob • 1/2 Cup Chinese Vegetables • 1/2 Cup Mixed Fruit, Frozen • 1 Orange	
FRIDAY	• 3 oz Cheeseburger on Wheat Bun * • 3 Chicken Strips w/ 1 oz Dipping Cup & Whole Wheat Bread • 8 oz Yogurt w/ 1/4 Cup Granola Mix, & 1 oz Animal Crackers • 12 oz Chef Salad w/2 oz Low-fat Dressing, & 1 oz Wheat Crackers	• 8 oz Skim • 8 oz 1% White • 8 oz 1 % Chocolate	• 1/2 CupTrimmings • 1/2 Cup Potato Wedges w/Catsup • 1 Fresh Peach • 1/2 Banana	

* Mustard, Ketchup & Salad Dressing Available

	Cals	Mg Cholst	Mg Sodium	G Fiber	Mg Iron	Mg Calcium	IU Vit-A	Mg Vit-C	G Protein	G Carb	G T-Fat	T. Fat % Cals	G S-Fat	S. Fat % Cals
Mon.	652	62	1106	10.78	5.18	589.63	3787	56.41	30.27	97.87	16.78	23.17%	6.10	8.42%
Tues.	728	94	1117	8.46	6.21	513.11	10130	30.69	34.10	106.13	20.77	25.68%	4.96	6.13%
Wed.	664	72	1049	7.63	5.13	547.75	4176	50.32	34.12	91.73	19.64	26.61%	5.45	7.38%
Thurs.	703	75	1376	10.30	5.68	542.76	5862	121.36	32.09	101.57	20.77	26.57%	5.86	7.50%
Fri.	740	76	1624	7.35	6.28	515.65	3753	45.02	33.02	103.23	23.56	28.67%	6.93	8.43%
Weighted Average	697	76	1255	8.91	5.70	541.78	5542	60.76	32.72	100.11	20.30	26.20%	5.86	7.56%

Nutrient	Menu Average	% of Cals	Target	% of Target
Calories	697		664	105%
Cholesterol (Milligrams)	76			
Sodium (Milligrams)	1255			
Fiber (Grams)	8.91			
Iron (Milligrams)	5.70		3.47	164%
Calcium (Milligrams)	541.78		286.00	189%
Vitamin A (International Units)	5542		1119	495%
Vitamin C (Milligrams)	60.76		15.24	399%
Protein (Grams)	32.72	18.76%	9.77	335%
Carbohydrate (Grams)	100.11	57.41%		
Total Fat (Grams)	20.30	26.20% (183 calories of 697)	30% (199 calories of 664)	
Saturated Fat (Grams)	5.86	7.56% (14 calories of 183)	10% (20 calories of 199)	