**Please Note:** Milk choice includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk.

Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

##### Spring Cycle

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| **Week 1**  Hot Ham & Cheese  on a Bun  Potato Wedges  Broccoli Florets  Fruit Cocktail  Fruit Choice - Fresh  Milk Choice | Pepperoni Pizza  Tossed Salad  Cherry Tomatoes  Fresh Orange  Fruit Choice - Canned  Milk Choice | Taco Burger on a Bun  **Tortilla Chips (6-12)** Tomato Salsa  Dark Green Leaf Lettuce  Tomato Slice  Refried Beans  Fresh Banana  Fruit Choice - Canned  Milk Choice | Lasagna  Garlic Bread Stick  w/ Marinara Sauce  Garden Salad  Fresh Apple  Chocolate Chip Cookie  Fruit Choice - Canned  Milk Choice | Chicken Patty  Whole Wheat Roll  & Honey  Mashed Potatoes  & Gravy  Steamed Asparagus  Sliced Pears  Fruit Choice - Fresh  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **648**  **1164**  **7.9%** | **678**  **1179**  **8.3%** | **768**  **1206**  **7.7%** |
| **Week 2**  Sweet and Sour Chicken Nuggets Seasoned Brown Rice  Asian Fresh Vegetables  Cherry Tomatoes Celery Sticks  Tropical Fruit  Fruit Choice - Fresh  Milk Choice | Super Nachos  Refried Beans  Southwestern Lentils  Fresh Mixed  Fruit Cup  Fruit Choice - Canned  Milk Choice | Cheese Breadsticks w/ Marinara Sauce  Seasoned Corn  Tossed Salad  Fresh Kiwi  Fruit Choice - Canned  Milk Choice | Pulled Pork Sandwich  Creamy Cole Slaw  Baked Beans  Fresh Strawberries  Fruit Choice - Canned  Milk Choice | Rock and Roll  Beef Wrap  Steamed Carrots  Fresh Pineapple  **Cherry Crisp (6-12)**  Fruit Choice - Canned  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **650**  **1070**  **9.4%** | **685**  **1083**  **9.2%** | **801**  **1145**  **9.2%** |

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Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are Whole Grain Rich.

##### Spring Cycle, continued

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **Weekly Nutrient Averages** | | | |
|  | K-5 | 6-8 | 9-12 |
| **Week 3**  Chicken Tetrazzini  Garlic Bread  Tossed Salad  Seasoned Peas  Apricot Halves  Fruit Choice - Fresh  Milk Choice | Hamburger on a Bun  Dark Green Leaf Lettuce  Tomato Slice  Oven Fries  Red Bell Pepper Strips  Fresh Clementine  Fruit Choice - Canned  Milk Choice | Beef & Noodles  Mashed Potatoes  Green Beans  Fresh Grapes  **Blueberry Oat Muffin (6-12)**  Fruit Choice - Canned  Milk Choice | Baked Chicken Drumstick  Savory Rice  Oatmeal Roll & Jelly  Fresh Broccoli Cherry Tomatoes  Fresh Mango  Fruit Choice - Canned  Milk Choice | Yummy Sloppy Joe on a Bun  Roasted Red Potatoes  Edamame  Fresh Apple  Fruit Choice - Canned  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **637**  **857**  **7.0%** | **663**  **893**  **6.9%** | **784**  **966**  **6.5%** |
| **Week 4**  Beef & Bean Burrito  **Tortilla Chips (9-12)** Tomato Salsa  Romaine & Tomato  Mexican Corn  Fresh Banana  Fruit Choice - Canned  Milk Choice | Stromboli Squares  **Garlic Breadstick (9-12)**  Garden Salad  Fresh Baby Carrots  Diced Peaches  Fruit Choice - Fresh  Milk Choice | BBQ Beef on a Bun  Fresh Snow Peas  Baked Beans  Summer Fruit Salad  **Royal Brownie (6-12)**  Fruit Choice - Canned  Milk Choice | Turkey & Cheese Sub Sandwich  Dark Green Leaf Lettuce  Tomato Slice  Sweet Potato Fries  Fresh Kiwi  Fruit Choice - Canned  Milk Choice | Country Style  Beef Pattie  **Whole Wheat Roll & Jelly (6-12)**  Mashed Potatoes  & Gravy  Steamed Broccoli  Fresh Pineapple  Fruit Choice - Canned  Milk Choice | **Calories**  **Sodium (mg)**  **% of Total Calories from Sat. Fat** | **633**  **1154**  **7.2%** | **681**  **1195**  **6.9%** | **798**  **1232**  **6.8%** |

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