

K-8 Lunch Menu April 2021

C:\Users\jburas\Downloads\April no1.xlsx\Sheet1

			Monday		Tuesday		Wednesday		Thursday		Friday											
Week 4	Daily Require	Weekly Require	Sandwich Line		29	Main Menu	Sandwich Line		30	Main Menu	Sandwich Line											
Meat/MA	1 MMA (Min.)	9-10 MMA																				
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option											
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)											
Veggie (G)	3/4c	1/2c (min)									Carrot, baby (1/4c)											
Veggie (R/O)		3/4c (min)									Fries or Tots(3/4c)											
Veg. (S)		1/2c																				
Veg. (O)		1/2c																				
Legume		1/2c							Red Beans (3/4c = 1/2c)													
WG Bread	1 B/G (Min.)	8-10 B/G									Bread, Sliced, Purchased (2B/G)											
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate											
Extras											Tatar sauce											
Week 1	Daily Require	Weekly Require	4	Main Menu	Sandwich Line		5	Main Menu	Sandwich Line		6	Main Menu	Sandwich Line		7	Main Menu	Sandwich Line		8	Both Lines		
Meat/MA	1 MMA (Min.)	9-10 MMA	Chicken Tender(2M/MA, 1.25B/G)		Chicken Patty (2M/MA)		Tacos, Beef (2M/MA)		Chicken Alfredo (2M/MA)		Deli Sandwich (2M/MA) Turkey Melt (1oz cheese, 1oz meat)		Chicken Sauce Picante		Roast PoBoy (2M/MA) (Turkey)		Pizza (2M/MA) (Cheese and Pepperoni)		Offer Both			
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option			
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)					
Veggie (G)	3/4c	1/2c (min)	Carrots, raw (1/4c)		Greenleaf lettuce (1/2c = 1/4c)		GreenLeaf Lettuce (1/2c = 1/4c)		Broccoli Florets (1/4c)		Carrot, raw (1/4c)		Potato Salad(1/2c)		Regular Fries (3/4c)		Marinara Sauce (1/4c)		Fries (3/4c)			
Veggie (R/O)		3/4c (min)	Green Peas (1/2c)		Carrots, raw (1/4c)		Salsa or Tomatoes, diced (1/4c)		Carrot, raw OR Slices, fz. (1/2c)		Regular Fries (3/4c)		Coleslaw (1/2c)		Coleslaw (1/2c)		Cauliflower (1/4 c)					
Veg. (S)		1/2c																				
Veg. (O)		1/2c																				
Legume		1/2c			Refried Beans (2/3c=1/2c)																	
WG Bread	1 B/G (Min.)	8-10 B/G	Roll (1 B/G)		Bun, Purchased (2B/G)		Taco-Cinnamon Breadsticks (1B/G)		Garlic Breadstick (1B/G)		Bread, Sliced, Purchased (2B/G)		Roll (2 B/G)		PoBoy-hot dog bun (2B/G)		Pizza (2B/G)					
Milk	8oz		Mac & Cheese 1/2c (.75B/G + .75M/MA)		Milk Choice: White, Strawberry, Chocolate		Tortilla (1=1B/G)		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate			
Extras					Sour Cream and Jalapenos								Catfish - Tartar Sauce									
Week	Daily Require	Weekly Require	Main Menu		Sandwich Line		Main Menu		Sandwich Line		Main Menu		Sandwich Line		Main Menu		Sandwich Line		Both Lines			
Meat/MA	1 MMA (Min.)	M/MA																				
Veg Option																						
Fruit	1/2c	2 1/2cup																				
Veggie (G)	3/4c	1/2c (min)																				
Veggie (R/O)		3/4c (min)																				
Veg. (S)		1/2c																				
Veg. (O)		1/2c																				
Legume		1/2c																				
WG Bread	1 B/G (Min.)	8-10 B/G																				
Milk	8oz																					
Extras																						
Week 2	Daily Require	Weekly Require	18	Main Menu	Sandwich Line		19	Main Menu	Sandwich Line		20	Main Menu	Sandwich Line		21	Main Menu	Sandwich Line		22	Both Lines		
Meat/MA	1 MMA (Min.)	9-10 m/ma					Chicken Tender(2M/MA, 1.25B/G)				Quesadilla (2 M/MA) (School Made)w/ Cheese		Hamburger (2M/MA) OR Cheeseburger (2M/MA)		Chicken (2 M/MA)		BBQ		Chicken Tender Basket (2M/MA)		Offer Both	
Veg Option			SPRING BREAK!		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option	
Fruit	1/2c	2 1/2 cup			Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)			
Veggie (G)	3/4c	1/2c (min)			Carrot, raw OR Slices, fz. (1/4c)		Green Leaf Lettuce (1/2c = 1/4c)		Green Leaf Lettuce (1/2c = 1/4c)		Salsa or Tomatoes, diced (1/4c)		Tomatoes, sliced (1/4c)		Sweet Potato Fries (3/4c)		Fries OR Tots (3/4c)		Green Leaf (1/2c = 1/4c)		Tomato, sliced(1/4c)	
Veggie (R/O)		3/4c (min)			Mashed Potatoes (1/2c) w/ cheese						Regular Fries (3/4c)		Regular Fries (3/4c)		Squash & Zucchini(1/2c)		Squash & Zucchini(1/2c)		Fries or Tots(3/4c)			
Veg. (S)		1/2c																				
Veg. (O)		1/2c																				
Legume		1/2c													Baked Beans (2/3 c=1/2c)							
WG Bread	1 B/G (Min.)	8-10 B/G			Breadstick (1B/G)		Roll (1 B/G)		Taco-Cinnamon Breadsticks (1B/G)		Tortilla (1=1B/G)		Bun, Purchased (2B/G)		Roll (2B/G)		Bun, Purchased (2B/G)		PoBoy-hot dog bun (2B/G)			
Milk	8oz				Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate	
Extras							Sour Cream and Jalapenos															

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Week 3	Daily Requirement	Weekly Requirement	25 Main Menu	Sandwich Line	26 Main Menu	Sandwich Line	27 Main Menu	Sandwich Line	28 Main Menu	Sandwich Line	29 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA)	Tacos, Chicken (2M/MA)		Meatloaf (2M/MA)	Turkey Melt (1oz cheese, 1oz meat)	Turkey Roast	Chicken Tender Basket (2M/MA)	Offer Both Roast PoBoy (2M/MA) (Turkey and Pork)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Offer 2 Canned/Fresh/Dried/Frozen Fruit Juice (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G) Veggie (R/O) Veg. (S) Veg. (O)	3/4c	1/2c (min) 3/4c (min) 1/2c 1/2c	Carrots, raw (1/4c) Green Peas (1/2c)	Greenleaf lettuce (1/2c = 1/4c) Tomatoes, sliced (1/4c) Regular Fries (3/4c)	GreenLeaf Lettuce (1/2c = 1/4c) Salsa or Tomatoes, diced (1/4c)	Salsa or Tomatoes, diced (1/4c)	Potatoes, Mashed w/Gravy (1/2c) Zucchini & Squash (1/4c)	Regular Fries (3/4c) Zucchini & Squash (1/4c)	Sweet Potato Casserole (2/3c=1/2c) Cauliflower (1/4c)	Regular Fries (3/4c) Cauliflower (1/4c)	Green Leaf (1/2c = 1/4c) Tomato, sliced(1/4c) Fries or Tots(3/4c)
Legume		1/2c	Refried Beans (2/3c=1/2c)								
W/G Bread	1 B/G (Min.)	8-10 B/G	Texas Toast (1B/G) OR Roll (1 B/G) Mac & Cheese 1/2c (.75B/G + .75M/MA)	Bun, Purchased (2B/G)	Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)		Roll (2 B/G)	Bread, Sliced, Purchased (2B/G)	Roll (2B/G) Rice (1/2c=1B/G) w/ Gravy	Bun, Purchased (2B/G) Roll (2 B/G)	PoBoy-hot dog bun (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos						

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***Vegetarian Options**

- Yogurt & Cheese Stick
- Smoothie & Cheese Stick
- Sunbutter & Jelly Sandwich
- Veggie Burger

Desserts

Must prepare a desert 1 to 2 times weekly
(NO MORE THAN 2 TIMES A WEEK)

Choices

- Cake/Cupcake
- Cookie
- Brownie
- Rice Crispy

Fruit Crisp - (1/2c=1/4c fruit serving)