

K-8 Base Menu 2020-21

#N/A

			Monday		Tuesday		Wednesday		Thursday		Friday
Week	Daily Require	Weekly Require	Main Menu	Sandwich Line	Main Menu	Sandwich Line	Main Menu	Sandwich Line	Main Menu	Sandwich Line	7 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA									
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup									
Veggie (G)	3/4c	1/2c (min)									
Veggie (R/O)	3/4c	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	Daily Require	Weekly Require	10 Main Menu	Sandwich Line	(8) Main Menu	Sandwich Line	(9) Main Menu	Sandwich Line	(10) Main Menu	Sandwich Line	(11) Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA				Chicken Patty Tomatos (1/4c)	Breezy Beef Mac (2M/MA)	BBQ Chicken Sandwich (2M/MA)	Chicken (2 M/MA) Roasted, Oven Fried,	Hot Dog (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup			Peaches and Kiwi (1/2c)		Pineapple (1/2c)		Southern Baked Apples & Watermelon (1/2c)		Raisins/Cran (1/4=1/2c)
Veggie (G)	3/4c	1/2c (min)						Greenleaf lettuce (1/2c = 1/4c)			Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c	3/4c (min)				Regular Fries (3/4c)	Yogurt & Breezy - Carrots (1/4c)	Regular Fries (3/4c)	Potato Salad(1/4c)	Tots (3/4c)	Tomato, sliced(1/4c)
Veg. (S)		1/2c				Zucchini & Squash (1/4c)	Green Beans (1/2c)				Fries or Tots(3/4c)
Veg. (O)		1/2c								Baked Beans (2/3c = 1/2c)	
Legume		1/2c									
WG Bread	1 B/G (Min.)	8-10 B/G				Bun, purchased (2B/G)	French Bread (1B/G) Pasta (1/2c)	Bun, Purchased (2B/G)	Roll (2B/G)	Bun, Purchased (2B/G)	Bun, 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					Sour Cream and Jalapenos						Cupcake or Cake
Week	Daily Require	Weekly Require	(14) Main Menu	Sandwich Line	(15) Main Menu	Sandwich Line	(16) Main Menu	Sandwich Line	(17) Main Menu	Sandwich Line	(18) Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Chicken Tender(2M/MA, 1.25B/G)	Pork Patty (2M/MA)	Tacos, Beef (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA)	Turkey Roast	Meatball Sub (2M/MA)		Shepherds Pie (2M/MA)	Chicken Patty (2M/MA) Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Pineapples and Apples (1/2c)		Pears (1/2c)		Mixed Fruit and Grapes (1/2c)		Pears (1/2c)		Bananas (1/2c)
Veggie (G)	3/4c	1/2c (min)		Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)				Salad (1c=1/2c)	Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c	3/4c (min)	Carrots, raw (1/4c)	Regular Fries (3/4c)	Salsa or Tomatoes, diced(1/4c)	Tomatoes sliced (1/4c) Regular Fries (3/4c)	Sweet Potato Casserole (2/3c=1/2c)	Marinara (1/4c) offer extra on bar Regular Fries (3/4c)	G/ Beans (1/2c) Zucchini & Squash (1/4c)	Bites - Marinara (1/4c)	Regular Fries (3/4c)
Veg. (S)		1/2c	Green Peas (1/2c)								
Veg. (O)		1/2c					Cauliflower (1/4c)				
Legume		1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c)								
WG Bread	1 B/G (Min.)	8-10 B/G	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)	Bun, Purchased (2B/G)	Roll (2B/G) Rice (1/2c=1B/G) w/ Gravy	Sub Roll (2B/G)	Roll (2 B/G)	Pizza (2B/G) Cheese Bites (2B/G)	Bun, 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					Sour Cream and Jalapenos				Rice Crispy Treat		
Week	Daily Require	Weekly Require	(21) Main Menu	Sandwich Line	(22) Main Menu	Sandwich Line	(23) Main Menu	Sandwich Line	(24) Main Menu	Sandwich Line	(25) Both Lines
Meat/MA	1 M/MA (Min.)	9-10 m/ma	Sweet & Sour Chicken (2M/MA)	Chicken Patty/Slider(2M/MA) Breaded, Spicy, or Grilled	Gumbo (2M/MA)	Ham & Cheese (2M/MA)	Potato Bar	Chicken Patty (2M/MA)	Chicken (2 M/MA) Fried	Corn Dog (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2 cup	Applesauce and Oranges (1/2c)		Mixed Fruit (1/2c)		Peaches and Frozen Fruit Cup (1/2c)		Pineapple (1/2c) and Fruit Crisp (1/2c=1/4c)		Raisins/Cran (1/4=1/2c)
Veggie (G)	3/4c	1/2c (min)	Steamed Broccoli (1/4c)	Greenleaf lettuce (1/2c = 1/4c)		Greenleaf lettuce (1/2c = 1/4c)	Salad (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)		Greenleaf lettuce (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c	3/4c (min)	Carrots, raw (1/2c)	Regular Fries (3/4c)		Regular Fries (3/4c)	Baked Sweet Potato (1/2c)	Regular Fries (3/4c)		Sweet Potato Fries (3/4c)	Tomato, sliced(1/4c)
Veg. (S)		1/2c			Potato Salad (1/2c)		Baked Potato (1/2c)			Regular Fries (3/4c)	Fries or Tots(3/4c)
Veg. (O)		1/2c			Zucchini & Squash (1/4c)						
Legume		1/2c	Red Beans (3/4c = 1/2c)								
WG Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)	Bun, 2-1oz	Bread Stick (1B/G) Rice (1/2c = 1B/G)	Bun, Purchased (2B/G)	Texas Toast (1 B/G)	Bun, Purchased (2B/G)	Biscuit (2B/G) Rice (1/2c = 1B/G)	Bun, Purchased (2B/G)	Bun, 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							Brownie / Sour Cream	Brownie		Fish - offer tartar	

This institution is an equal opportunity provider. Menus are subject to change.

***Vegeterian Options**
 Yogurt & Cheese Stick
 Smoothie & Cheese Stick
 Sunbutter & Jelly Sandwich
 Veggie Burger

Holiday Menu
 Turkey Roast w/ Gravy (2M/MA)

Half Day Menu
 Hot Dog (2M/MA)
 OR Corndog (2M/MA)

Yogurt and Cheese Stick (2M/MA)
Fruit Salad (1/2c) and Cranberry Sauce (1/4c)
Sweet Potato Casserole (2/3c=1/2c)
Cauliflower (1/4c)
Roll (2B/G)
Cornbread Dressing (1/2c)
Milk Choice: White, Strawberry, Chocolate

Yogurt and Cheese Stick (2M/MA)
Raisins/Cran (1/4=1/2c)
Broccoli Florets (1/4c)
Carrots (1/2c)
Bun, Purchased (2B/G)
OR Wrap (2B/G)
Milk Choice: White, Strawberry, Chocolate