



**WEEK 1 – LUNCH                      October 2025 – August 2026**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>	<b>COMMENTS</b>
<b>MON.</b>	<b>Turk-a-roni</b> [Enriched whole wheat macaroni Meat sauce (1 oz ground turkey)] Grated cheese Southwest salad Fruit - strawberries or plums Milk 1% fluid	<b>3/8 cup</b> <b>3/8 cup</b> <b>1/2 oz</b> <b>3/8 cup</b> <b>1/4 cup</b> <b>3/4 cup</b>	<b>southwest dressing</b>
<b>TUES.</b>	<b>Teriyaki chicken (2 oz meat)</b> Sugar snaps & carrots Whole wheat bread/butter Fruit – oranges or bananas Milk 1% fluid	<b>1 each</b> <b>1/4 cup</b> <b>1/2 slice</b> <b>1/4 cup</b> <b>3/4 cup</b>	
<b>WED.</b>	<b>Chicken nuggets</b> (.4 oz chicken each nugget) Potato cheese Soup [1/4 c vegetable, 1/4 oz cheese] Whole wheat bread/butter Fruit – melon or apple Milk 1% fluid	<b>4 each</b>   <b>1/2 cup</b> <b>1/2 slice</b> <b>1/4 cup</b> <b>3/4 cup</b>	<b>Ketchup</b>
<b>THUR.</b>	<b>Whole wheat Pizza</b> [cheese 1 1/2 oz, 1oz whole wheat pizza crust] Garden salad Fruit - melon or apple Milk 1% fluid	<b>1 slice</b>  <b>3/8 cup</b> <b>1/4 cup</b> <b>3/4 cup</b>	<b>1 pan serves 15</b> <b>Ranch dressing</b>
<b>FRI.</b>	<b>Spinach manicotti</b> [1/4 cup enriched noodles, tomato sauce Cheese 1 1/2 oz, 1/4 whole egg] Winter vegetable blend Whole wheat bread/butter Fruit – banana or plums Milk 1% fluid	<b>1/4 of a whole</b>   <b>1/4 cup</b> <b>1/2 slice</b> <b>1/4 cup</b> <b>3/4 cup</b>	



**WEEK 2 – LUNCH                      October 2025 – August 2026**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>	<b>COMMENTS</b>
<b>MON.</b>	<b>Turkey taco</b>		
	<b>Meat filling (1 1/2 oz meat)</b>	<b>3/8 cup</b>	
	<b>Corn</b>	<b>1/4 cup</b>	
	<b>Grated cheese</b>	<b>1/2 oz</b>	
	<b>Tortilla (1.1 oz) (whole grain)</b>	<b>1 each</b>	
	<b>Fruit - banana or melon</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	
<b>TUES.</b>	<b>Whole grain Cheese Melt</b>	<b>1 slice</b>	<b>1 pan serves 15</b>
	<b>[1 1/2 oz cheese, 1 oz whole wheat pizza crust]</b>		
	<b>Tomato soup</b>		
	<b>(1/3 cup tomato sauce)</b>	<b>1/2 cup</b>	
	<b>Fruit - pears or melons</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	
<b>WED.</b>	<b>Stuffing topped chicken pot pie</b>	<b>1/2 cup</b>	<b>1 pan serves 30</b>
	<b>Apple coleslaw</b>	<b>3/8 cup</b>	<b>coleslaw dressing</b>
	<b>Whole wheat bread/butter</b>	<b>1/2 slice</b>	
	<b>Fruit - banana or pears</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	
<b>THUR.</b>	<b>Chicken thigh w/ gravy (2oz chicken)</b>	<b>1 each</b>	
	<b>Peas</b>	<b>1/4 cup</b>	
	<b>Whole wheat bread/butter</b>	<b>1/2 slice</b>	
	<b>Fruit - bananas or pears</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	
<b>FRI.</b>	<b>Chicken Alfredo</b>	<b>3/8 cup</b>	
	<b>1 1/2oz ground chicken</b>		
	<b>Tri – color pasta (enriched &amp; fortified)</b>	<b>3/8 cup</b>	
	<b>Salad</b>	<b>3/8 cup</b>	
	<b>Fruit - banana or pears</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	



**WEEK 3 – LUNCH**

**October 2025 – August 2026**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>	<b>COMMENTS</b>
<b>MON.</b>	<b>Dirty brown rice with beef</b> [(Beef 1 ½ oz), (brown rice, whole grain quinoa and farrow – ¼ cup serving)]	<b>1/2 cup</b>	
	<b>Spinach salad</b>	<b>3/8 cup</b>	<b>Strawberry dressing</b>
	<b>Fruit - oranges or apples</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	
<b>TUES.</b>	<b>Black bean, corn, chicken &amp; cheese quesadilla</b> (½ oz cheese, 1 oz chicken, whole grain tortilla 1.1 oz)	<b>1 slice</b>	<b>1/6 of a whole quesadilla</b>
	<b>Green beans</b>	<b>1/4 cup</b>	
	<b>Fruit – oranges or nectarines</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	
<b>WED.</b>	<b>Spaghetti (whole grain)</b>	<b>3/8 cup</b>	
	<b>Tomato &amp; meat sauce-1 1/2oz meat</b>	<b>3/8 cup</b>	
	<b>Grated parmesan cheese</b>	<b>1/4 oz</b>	
	<b>Spinach salad</b>	<b>3/8 cup</b>	<b>Ranch dressing</b>
	<b>Fruit - nectarines or oranges</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	
<b>THUR.</b>	<b>Turkey meatloaf [2 oz turkey]</b>	<b>1 slice</b>	<b>1 loaf serves 20</b>
	<b>Mashed sweet potatoes</b>	<b>3/8 cup</b>	<b>ketchup</b>
	<b>Whole wheat bread/butter</b>	<b>1/2 slice</b>	
	<b>Fruit - oranges or melon</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	
<b>FRI.</b>	<b>Lasagna</b>	<b>1/2 cup</b>	
	<b>[Enriched, fortified noodles</b>	<b>½ cup</b>	
	<b>Tomato sauce</b>		
	<b>Cheese 1 1/2 oz]</b>		
	<b>Tossed salad</b>	<b>3/8 cup</b>	<b>1000 island dressing</b>
	<b>Fruit - apples or strawberries</b>	<b>1/4 cup</b>	
	<b>Milk 1% fluid</b>	<b>3/4 cup</b>	



**WEEK 4 – LUNCH**

**October 2025 – August 2026**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>	<b>COMMENTS</b>
<b>MON.</b>	<b>Ziti with chicken &amp; tomato sauce (Ziti noodles-enriched &amp; fortified Whole wheat Tomato &amp; meat sauce-1 oz chicken ) Grated cheese Tossed salad Fruit - nectarines or oranges Milk 1% fluid</b>	<b>3/8cup 1/2 oz 3/8 cup 1/4 cup 3/4 cup</b>	<b>Ranch dressing</b>
<b>TUES.</b>	<b>Beans &amp; Rice (whole grain) Dried beans Brown Rice Tossed salad Tortilla – 6” Fruit – bananas or plums Milk 1% fluid</b>	<b>3/8 cup 1/4 cup 3/8 cup 1 each 1/4 cup 3/4 cup</b>	<b>Southwest dressing</b>
<b>WED.</b>	<b>Shepherd’s Pie (1 ½ oz ground beef) Pineapple mango coleslaw Whole wheat bread/butter Fruit – oranges or bananas Milk 1% fluid</b>	<b>3/8 cup 3/8 cup 1/2 slice 1/4 cup 3/4 cup</b>	<b>1 pan feeds 30 Coleslaw dressing</b>
<b>THUR.</b>	<b>Ravioli w/olive oil &amp; tomato (1 1/2oz cheese, ¼ c pasta) Peas Parmesan cheese Fruit - apples or plums Milk 1% fluid</b>	<b>4 each 1/4 cup 1/4 oz 1/4 cup 3/4 cup</b>	
<b>FRI.</b>	<b>BBQ chicken (2 oz chicken) California blend vegetables Whole wheat bread/butter Fruit - nectarines or melon Milk 1% fluid</b>	<b>1 each 1/4 cup 1/2 slice 1/4 cup 3/4 cup</b>	



**WEEK 5 - LUNCH**

**October 2025 – August 2026**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>	<b>COMMENTS</b>
<b>MON.</b>	<b>Turkey Sloppy Joe (2 oz ground turkey) Corn &amp; edamame Roll Fruit - apples or plums Milk 1% fluid</b>	<b>3/8 cup 1/4 cup 1 each 1/4 cup 3/4 cup</b>	
<b>TUES.</b>	<b>Chicken chili (1 1/2 oz chicken) Broccoli salad w/ cheddar cheese Whole wheat bread/butter Fruit - melon or apples Milk 1% fluid</b>	<b>1/2 cup 3/8 cup 1/2 slice 1/4 cup 3/4 cup</b>	<b>Broccoli dressing</b>
<b>WED.</b>	<b>Chicken Parmesan(2oz chicken) Zucchini &amp; yellow squash Whole wheat bread/butter Fruit - apples or nectarines Milk 1% fluid</b>	<b>1 each 1/4 cup 1/2 slice 1/4 cup 3/4 cup</b>	<b>1 pan serves 30</b>
<b>THUR.</b>	<b>Beef BBQ (2 oz meat) Bean medley Roll Fruit - bananas or melon Milk 1% fluid</b>	<b>3/8 cup 1/4 cup 1 each 1/4 cup 3/4 cup</b>	
<b>FRI.</b>	<b>Whole wheat macaroni with cheese [Macaroni(enriched &amp; fortified whole wheat), Cheese - 1 1/2 oz] Mixed vegetables Fruit - bananas or plums</b>	<b>1/2 cup  1/4 cup 1/4 cup</b>	

**Milk 1% fluid**

**3/4 cup**