



WEEK 1 – LUNCH

October 2025 – August 2026

DAY	MENU	SERVING SIZE	COMMENTS
MON.	Turk-a-roni [Enriched whole wheat macaroni Meat sauce (1 oz ground turkey)] Grated cheese Southwest salad Fruit - strawberries or plums Milk 1% fluid	3/8 cup 3/8 cup 1/2 oz 3/8 cup 1/4 cup 3/4 cup	 southwest dressing
TUES.	Teriyaki chicken (2 oz meat) Sugar snaps & carrots Whole wheat bread/butter Fruit – oranges or bananas Milk 1% fluid	1 each 1/4 cup 1/2 slice 1/4 cup 3/4 cup	
WED.	Chicken nuggets (.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	4 each 1/2 cup ½ slice 1/4 cup 3/4 cup	 Ketchup
THUR.	Whole wheat Pizza [cheese 1 1/2 oz, 1oz whole wheat pizza crust] Garden salad Fruit - melon or apple Milk 1% fluid	1 slice 3/8 cup 1/4 cup 3/4 cup	 1 pan serves 15 Ranch dressing
FRI.	Spinach manicotti [1/4 cup enriched noodles, tomato sauce Cheese 1 1/2 oz, ¼ whole egg] Winter vegetable blend Whole wheat bread/butter Fruit – banana or plums Milk 1% fluid	¼ of a whole 1/4 cup ½ slice 1/4 cup 3/4 cup	

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

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



WEEK 3 – LUNCH

October 2025 – August 2026

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



WEEK 4 – LUNCH

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



WEEK 5 - LUNCH

October 2025 – August 2026

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