

Sample Menu Plans



SUGGESTED BREAKFAST MENU PLAN K-12 SAMPLES

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	Choice of: Fun Fruit Pizza or Cereal Choice with Mozzarella Cheese Stick Chilled Pineapple Tidbits and Creamsicle Smoothie Choice of Milk	Choice of: Fruity Oatmeal with Toast or Cereal Choice with Toast Chilled Mandarin Oranges and 100% Fruit Juice Choice Choice of Milk	Choice of: Yogurt Parfait with Granola or Cereal Choice with Bear Graham Crackers Chilled Berry Applesauce and 100% Fruit Juice Choice Choice of Milk	Choice of: Fruit, Cottage Cheese & Toast or Cereal Choice with Toast Chilled Sliced Peaches and 100% Fruit Juice Choice Choice of Milk	Choice of: Easy Cheesy Breakfast Bake or Cereal Choice with Yogurt Mixed Berry Peach Salad and 100% Fruit Juice Choice Choice of Milk
WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	Choice of: Breakfast Burrito or Cereal Choice with Mozzarella Cheese Stick Chilled Sliced Peaches and 100% Fruit Juice Choice Choice of Milk	Choice of: Berry Smoothie Bowl with Granola or Cereal Choice with Yogurt Banana and Chilled Sliced Peaches Choice of Milk	Choice of: Scrambled Eggs with Toast or Cereal Choice with Toast Apple Slices and 100% Fruit Juice Choice Choice of Milk	Choice of: Pear Roll-Up or Cereal Choice with Mozzarella Cheese Stick Chilled Mandarin Oranges and 100% Fruit Juice Choice Choice of Milk	Choice of: French Toast with Syrup or Cereal Choice with Yogurt Strawberries and 100% Fruit Juice Choice Choice of Milk

- Daily Entrée as menued along with choice of assorted whole grain-rich cereal and one additional side item from grains, cheese, yogurt, etc.
- Fruit Choices: may select chilled canned fruit cup choice with a fresh fruit or 100% juice. Dried fruit choices also offered daily and may be selected as bonus item.
- With Offer versus Serve: to receive student meal price, meals must consist of three food items with one being a ½ cup fruit or 100% juice.
- Milk Choices: may select one choice from fat free chocolate, strawberry or vanilla or 1% low-fat unflavored.
- Additional entrées, side items, and milk may be purchased for ala carte charge.

SUGGESTED LUNCH MENU PLAN K-8 SAMPLES

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	Choice of: Chicken & Broccoli Alfredo with WGR Pasta or Fish & “Chips” (potato wedges) w/WGR Roll Choice of: Chilled Mandarin Oranges or Mixed Fruit Cup -Seasoned Broccoli -Romaine Side Salad -Daily Veggie Dipper Choice of Milk	Choice of: Grilled Cheese or Honey Mustard Chicken Fillet on WGR Bun Choice of: Chilled Berry Applesauce or 100% Fruit Juice Choice -Cowboy Baked Beans (mix of beans w/onions & peppers) -Lettuce and Tomatoes -Daily Veggie Dipper Choice of Milk	Choice of: Veggie Fajita or PB & J Sandwich Choice of: Fresh Banana or Fruit Cup Choice with Raisins or Craisin Pack -Seasoned Corn with Peppers -Daily Veggie Dipper Choice of Milk	Choice of: Roasted Turkey & Mashed Potatoes or Macaroni and Cheese with Garlic Roll/Toast Choice of: Country Fried Apples or 100% Fruit Juice Choice -“Pizza” Green Beans -Garden Side Salad -Daily Veggie Dipper Choice of Milk	Choice of: Berry, Spinach & Chicken Salad or Vegetable Beef Soup with WGR Roll Choice of: Berry Fruit Cup Choice or Fresh Fruit Choice with Raisins or Craisin Pack -Spinach Side Salad -Daily Veggie Dipper Choice of Milk
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	Choice of: Diced Chicken with Rainbow Rice or 2-Egg & Cheese Omelet with WGR Toast Choice of: Chilled Mixed Fruit Cup or 100% Fruit Juice Choice -Black Beans w/Onions -Spinach Salad -Daily Veggie Dipper Choice of Milk	Choice of: Cranberry Turkey Wrap or Spaghetti with Meatballs Choice of: Chilled Peach Cup or Strawberry Cup -Sautéed Veggie Mix (Mushrooms, Onions & Zucchini) -Romaine Salad -Daily Veggie Dipper Choice of Milk	Choice of: Catfish Loaves or Grilled Chicken Strips with Seasoned WGR Orzo Choice of: Chilled Applesauce Cup or Pear Cup -Veggie Blend Veggies (Corn, Carrot, Edamame & Onion) -Sweet Peas -Daily Veggie Dipper Choice of Milk	Choice of: Bean & Veggie Soup or Roast Beef with Potatoes with Corn Bread Choice of: Fruit Cup Choice with Raisins or Craisin Pack -Seasoned Green Beans -Daily Veggie Dipper Dessert: Pear & Cherry Crisp Choice of Milk	Choice of: Pulled Pork with Garlic Toast or Italian Chicken Fillet on WGR Bun Choice of: Berry Blend Fruit Salad or 100% Fruit Juice Choice -Broccoli Salad -Seasoned Lima Beans -Daily Veggie Dipper Choice of Milk
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

- Daily Entrée as menued along with choice of freshly made turkey, ham or combination with cheese or PBJ sandwich.
- Fruit Choices: may select one choice fresh, canned, or 100% juice. When offered, dried fruit choice may be selected as bonus item.
- Vegetables Choices: may select up to 2 items.
- Daily Veggie Dippers: variety may include celery, carrots, zucchini, yellow squash, tomatoes, red or orange bell peppers, cucumbers.
- With Offer versus Serve: to receive student meal price, meals must consist of three components with one being a ½ cup creditable portion of fruit or vegetables.
- Milk Choices: may select one choice from fat free chocolate, strawberry or vanilla or 1% low-fat unflavored.
- High School Menu Plans: items offered as listed with entrée salad with 2 oz meats/cheese/egg and 2 oz grains offered. High School student meals include daily choice of ½ cup 100% juice with menued fruit choices. High school meals include slightly larger portions.
- All Grades: Additional entrées, side items, and milk may be purchased for a small ala carte charge.