Grades: K - 8	June 2024 Master Menu								Choose	MyPlate.gov
Week 1 Options Breakfast	Red & Orange		Starchy		Beans & Peas		Dark Green		Other Veggies	
	120	6/3/2024 String Cheese & Graham Crackers	0	6/4/2024 Breakfast Chilaquiles	120	6/5/2024 Chocolate Chip Muffin	0	6/6/2024 Maple Waffle	0	6/7/2024 Strawberry Muffin
Breakfast	0	Sunbutter & Jelly Sandwich	120	Rice Chex & WG Crackers	0	Bagel & Jelly	120	Coco Puffs & WG Crackers	120	Boool & Jally
Hot Meal	0		0	Beefaroni w/whole kernel corn (3/4c)	0	×	60	Teriyaki Chicken Chow Mein Bowl w/steamed broccoli & carrots (1c)	0	Beef, Rice & Bean Burrito w/carro sticks (1/2c)
Hot Meal	0		119	Hamburger w/tater tots (3/4c)	0		59	Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)	119	Turkey Hot Dog on a Bun w/carrot sti (3/4c)
Hot Vegetarian	0		0	Three Cheese Mac & Cheese w/peas & carrots (1c)	0		1	Cheesy Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)	1	Bean & Cheese Burrito w/carrot stic (1/2c)
Cold Meal	60	Cilantro Chicken Hoagie Sandwich	0	Turkey & Cheese Bagel Sandwich w/bbq	0	Torta de Tinga w/cilantro bean salad	0	Ham and Cheese Panini w/broccoli &	0	BBQ Chicken Hoagie Sandwich w/ca
Cold Pastas	0	w/carrot sticks (3/4c) Asian Chicken Pasta Salad	0	corn salad (3/4c) Fiesta Chicken Pasta Salad	119	(3/4c) Cilantro Chicken Pasta Salad	0	carrots (1c) Chicken Pasta Primavera Salad	0	sticks (3/4c) Sweet Chili Chicken Pasta Salad
Cold Vegetarian	60	Cajun Cheese Pasta Salad w/carrot sticks		Caprese Sandwich w/bbq corn salad	1	Marinara Cheese Pasta Salad w/cilantro	0	Bean & Cheese Torta w/broccoli &	0	Parmesan Cheese Pasta Salad w/car
Cold vegetarian	60	(3/4c)		(1/2c)		bean salad (3/4c)		carrots (1c)		sticks (3/4c)
Daily Salad	0	Caesar Chicken Salad with a Wheat Dinner Roll	0	Santa Fe Chicken Salad with a Wheat Dinner Roll	0	Greek Chicken Salad with a Wheat Dinner Roll	0	Chef Turkey & Ham Salad with a Wheat Dinner Roll	0	Chinese Chicken Salad with a Whe Dinner Roll
Snack	80	Coffee Cinnamon Crumble (S)	80	Cheez-its	80	Cereal Bar (S)	80	Oatmeal Cookie (S)	80	NutriGrain Bar (S)
NOTES		· · · · ·		•		· · · · ·		• •		
C	Red & Orange		Starchy		Beans & Peas		Dark Green		Other Veggies	
leek 2 Options		6/10/2024		6/11/2024		6/12/2024		6/13/2024		6/14/2024
Breakfast	120	Coffee Cinnamon Crumble	0	Sausage English Muffin	120	Banana Muffin	0	Cinnamon French Toast	0	Mexican Concha
Breakfast	0	Bagel & Jelly	120	Multi Grain Cheerios & WG Crackers	0	Sunbutter & Jelly Sandwich	120	Cinnamon Toast Crunch & WG Crackers	0	Bagel & Jelly
Hot Meal	0		50	Beef Soft Tacos w/spanish rice (1/2c) & fiesta beans & corn (3/4c)	0		0	Poblano Green Chicken Pasta w/steamed broccoli & carrots (1c)	0	Hawaiian Chicken w/brown rice (3/4 peas & carrots (1c)
Hot Meal	0			Sloppy Joe on a HB Bun w/whole kernel corn (3/4c)	0		119	Orange Chicken Bowl w/brown rice (3/4c) & steamed broccoli & carrots (1c)	0	Creamy Tuscan Chicken Pasta w/pea carrots (1c)
Hot Vegetarian	0		50	Bean & Cheese Burrito w/whole kernel corn (1/2c)	0		1	Poblano Green Cheese Pasta w/steamed broccoli & carrots (1c)	0	Creamy Tuscan Cheese Pasta w/pea carrots (1c)
Cold Meal	50	Turkey & Cheese Hoagie Sandwich	0	Ham and Cheese Bagel Sandwich w/bbq	50	Oriental Chicken Tortilla Wrap w/bbq	0	Creamy Basil Chicken Hoagie Sandwich	0	Roasted Pepper Chicken Hoagie
Cold Pastas	0	w/carrot sticks (3/4c) Asian Chicken Pasta Salad	0	corn salad (3/4c) Fiesta Chicken Pasta Salad	49	bean salad (1/2c) Cilantro Chicken Pasta Salad	0	w/broccoli & carrots (1c) Chicken Pasta Primavera Salad	0	Sandwich w/carrot sticks (3/4c) Sweet Chili Chicken Pasta Salad
Cold Vegetarian	1	Chipotle Cheese Pasta Salad w/carrot	0	Caprese Sandwich w/bbq corn salad	1	Cajun Cheese Pasta Salad w/bbg bean	0	Bean & Cheese Torta w/broccoli &	0	Marinara Cheese Pasta Salad w/car
Cold Vegetaliali		sticks (3/4c)		(1/2c)	· · · · ·	salad (3/4c)		carrots (1c)		sticks (3/4c)
Daily Salad	49	Caesar Chicken Salad with a Wheat Dinner Roll	0	Santa Fe Chicken Salad with a Wheat Dinner Roll	0	Greek Chicken Salad with a Wheat Dinner Roll	0	Chef Turkey & Ham Salad with a Wheat Dinner Roll	0	Chinese Chicken Salad with a Whe Dinner Roll
Snack	80	Scooby-Doo Crackers	80	Vanilla Muffin (S)	80	Chocolate Chex Mix	80	Goldfish Crackers	0	Oatmeal Cookie (S)
NOTES										
D Week 3 Options	Red & Orange		Starchy		Beans & Peas		Dark Green		Other Veggies	
Breakfast Breakfast	0	Yogurt & Graham Crackers Sunbutter & Jelly Sandwich	0	Lucky Charms & WG Crackers	0	Strawberry Muffin Bagel & Jelly	0	Rice Chex & WG Crackers	0	Vanilla Muffin Bagel & Jelly
Cold Meal	0	BBQ Chicken Hoagie Sandwich w/carrot	0	Turkey & Cheese Panini w/bbq com	0	Cilantro Chicken Hoagie Sandwich	0	Caesar Chicken Tortilla Wrap w/broccoli	0	Ham and Cheese Hoagie Sandwic
		sticks (3/4c)		salad (3/4c)		w/bbq bean salad (3/4c)		& carrots (1/2c)		w/carrot sticks (3/4c)
Cold Pastas	0	Asian Chicken Pasta Salad Parmesan Cheese Pasta Salad w/carrot	0	Fiesta Chicken Pasta Salad	0	Cilantro Chicken Pasta Salad	0	Chicken Pasta Primavera Salad Bean & Cheese Torta w/broccoli &	0	Sweet Chili Chicken Pasta Salad Garlic Pesto Cheese Pasta Salad w/ca
Cold Vegetarian	0	Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)	0	Caprese Sandwich w/bbq corn salad (1/2c)	0	Chipotle Cheese Pasta Salad w/bbq bean salad (3/4c)	0	Bean & Cheese Torta w/broccoli & carrots (1c)	0	Garlic Pesto Cheese Pasta Salad w/ca sticks (3/4c)
Daily Salad	0	Caesar Chicken Salad with a Wheat	0	Santa Fe Chicken Salad with a Wheat	0	Greek Chicken Salad with a Wheat	0	Chef Turkey & Ham Salad with a Wheat	0	Chinese Chicken Salad with a Who
Snack	0	Dinner Roll Chocolate Chip Muffin (S)	0	Dinner Roll Oatmeal Cookie (S)	0	Dinner Roll Goldfish Pretzel	0	Dinner Roll Scooby-Doo Crackers	0	Dinner Roll Cereal Bar (S)
NOTES	0	: Chocolate Chip Multin (S)	0	: Oatmear Cookie (S)		Goldnish Preizei	0	: Scooby-Doo Crackers	U	Cereai Bar (S)
Leek 4 Options		Red & Orange		Starchy		Beans & Peas		Dark Green		Other Veggies
		6/24/2024		6/25/2024		6/26/2024		6/27/2024		6/28/2024
Breakfast	150	Coffee Cinnamon Crumble	0		150	Banana Muffin	0		150	Mexican Concha
Breakfast	0	Bagel & Jelly	150	Multi Grain Cheerios & WG Crackers	0	Sunbutter & Jelly Sandwich	150	Coco Puffs & WG Crackers	0	Bagel & Jelly
Cold Meal	50	Turkey & Cheese Bagel Sandwich w/carrot sticks (3/4c)	50	Roasted Pepper Chicken Hoagie Sandwich w/bbq corn salad (3/4c)	0	Caesar Chicken Tortilla Wrap w/bbq bean salad (1/2c)	50	Creamy Basil Chicken Hoagie Sandwich w/broccoli & carrots (1c)	0	Ham and Cheese Panini w/carrot sti (3/4c)
Cold Pastas	0	Asian Chicken Pasta Salad	0	Fiesta Chicken Pasta Salad	50	Cilantro Chicken Pasta Salad	50	Chicken Pasta Primavera Salad	50	Sweet Chili Chicken Pasta Salac
Cold Vegetarian	50	Marinara Cheese Pasta Salad w/carrot	50	Caprese Sandwich w/bbg corn salad	50	Cajun Cheese Pasta Salad w/bbg bean	0	Bean & Cheese Torta w/broccoli &	50	Parmesan Cheese Pasta Salad w/ca
		sticks (3/4c) Caesar Chicken Salad with a Wheat		(1/2c) Santa Fe Chicken Salad with a Wheat		salad (3/4c) Greek Chicken Salad with a Wheat		carrots (1c) Chef Turkey & Ham Salad with a Wheat		sticks (3/4c) Chinese Chicken Salad with a Whe
Daily Salad	50	Dinner Roll	50	Dinner Roll	50	Dinner Roll	0	Dinner Roll	50	Dinner Roll
Snack NOTES	100	Scooby-Doo Crackers	100	Strawberry Muffin (S)	100	Cheez-its	100	Chocolate Chex Mix	100	Oatmeal Cookie (S)