

LUNCH CYCLE MENU - FOR GRADE LEVELS 9-12

LUNCH MENUS - CYCLE 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Teri BBQ Pizza on whole wheat crust (1 ea), Fresh local salad(3/4-C) , carrot sticks(1/4 C), fruit (1ea) and Milk(8floz)	Brown Rice (1/2c)WW Roll(1ea), japanese beef curry(2oz), vegetables, fruits(1ea) and milk	Tuna Salad sandwich on ww bun (1 ea) veggies, fruit(1ea) and milk	Whole wheat spaghetti (1/2c)with meat sauce(2oz), ww roll(1ea), veggies, fruit(1ea) and milk	brown rice(1/2c) bbq chicken(2oz), veggies, fruit(1ea) and milk
Nutrients target: Calories: 491 kcal/ 61% Sodium: 771mg/ 104% Saturated Fat: 5.4g/ 10%	Nutrients target: Calories: 670 kcal/ 84% Sodium: 1119mg/ 151% Saturated Fat: 3.6g/ 5%	Nutrients target: Calories: 513kcal/ 64% Sodium: 782mg/ 106% Saturated Fat: 3.39g/ 6%	Nutrients target: Calories: 612kcal/ 77% Sodium: 841mg/ 114% Saturated Fat: 3.09g/ 5%	Nutrients target: Calories: 519kcal/ 65% Sodium: 774mg/ 105% Saturated Fat: 5.569g/ 10%

LUNCH CYCLE MENUS - 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hawaiian grilled chicken, brown rice, veggies, fruit and milk	Yakisoba & ww roll, grilled chicken, veggies, fruit and milk	Hamburger on ww bun, veggies, carrot sticks, fruit and milk	Whole Wheat Penne pasta in meat sauce & ww roll, veggies, cucumber sticks, fruit & milk	Brown rice, baked ham, veggies, corn, fruit and milk
Nutrients target: Calories: 461 kcal/ 58% Sodium: 640mg/ 86% Saturated Fat: 4.226g/ 8%	Nutrients target: Calories: 713kcal/ 89% Sodium: 1213mg/ 164% Saturated Fat: 5.71g/ 7%	Nutrients target: Calories: 509kcal/ 64% Sodium: 690mg/ 93% Saturated Fat: 6.92g/ 12%	Nutrients target: Calories: 545kcal/ 68% Sodium: 843mg/ 114% Saturated Fat: 3.05g/ 5%	Nutrients target: Calories: 566kcal/ 71% Sodium: 928mg/ 125% Saturated Fat: 4.603g/ 7%

LUNCH CYCLE MENUS -3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon Lettuce tomatoes on whole wheat bread, veggies, potato wedges, fruit and milk	Brown rice, Asian Stir Fry meat, veggies, bokchoy, fruit and milk	Ham and Cheese Sandwich on whole wheat bread, veggies, carrot sticks, fruit and milk	Spaghetti with meatballs & ww roll, veggies, corn, fruit & milk	Brown Rice, lemon garlic baked fish, veggies, cucumber sticks, fruits and milk
Nutrients target: Calories: 496kcal/ 62% Sodium: 897mg/ 121% Saturated Fat: 4.637g/ 8%	Nutrients target: Calories: 294 kcal/ 37% Sodium: 355mg/ 48% Saturated Fat: 1.86g/ 6%	Nutrients target: Calories: 301kcal/ 38% Sodium: 524mg/ 71% Saturated Fat: 1.27/ 4%	Nutrients target: Calories: 678kcal/ 85% Sodium: 1354mg/ 183% Saturated Fat: 5.33/ 7%	Nutrients target: Calories: 600kcal/ 75% Sodium: 931mg/ 126% Saturated Fat: 3.514g/ 5%

LUNCH CYCLE MENUS -4

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey taco salad (2oz in with whole wheat corn, veggies, fruit (1ea) and milk	Brown Rice(1/2c), Sweet & Sour Fish(2oz), veggies, fruit(1cup) and milk	Chicken Nuggets(2oz), brown rice(1/2c), veggies, , fruit(1ea) & milk	Creamy Alfred Pasta WW, with grilled chicken, veggies, cauliflower, fruit and milk	Brown Rice, beef broccoli, veggies, fruit and milk
Nutrients target: Calories: 1161kcal/ 145% Sodium: 1115mg/ 151% Saturated Fat: 14.26g/ 11%	Nutrients target: Calories: 389kcal/ 49% Sodium: 189mg/ 26% Saturated Fat: 2.46g/ 6%	Nutrients target: Calories: 423kcal/ 53% Sodium: 683mg/ 92% Saturated Fat: 3.75g/ 8%	Nutrients target: Calories: 554kcal/ 69% Sodium: 857mg/ 116% Saturated Fat: 4.42g/ 7%	Nutrients target: Calories: 516kcal/ 65% Sodium: 632mg/ 85% Saturated Fat: 6.587g/ 11%

FOR GRADE LEVELS 9-12

milk - 8oz, 2 choices 1% fat or non fat

protein - 2 oz

fruit - 1 ea or= 1 cup

salad 3/4 c

veggies 1/4 c