



A Month of Lunches

A

1 C Milk
2 oz. Meat or Meat Alternate
½ C Fruit or Vegetable
½ C Fruit or Vegetable
2 oz. Breads or Bread Alternates---

For example, for the bread/ bread alternate, any of the following combinations can be served:

(2) 1 oz. slices of bread or,
 (1) 2 oz. Muffin or,
 ½ cup pasta, plus (1) 1 oz. bread stick



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Milk 2 Homemade pizzas: 2 English muffin halves with tomato sauce, ground beef, and mozzarella cheese Grapefruit sections (C*) Carrot sticks (A*)	Milk Chicken salad on 2 slices whole wheat bread Orange wedges (C) Celery sticks 	Milk Baked cod Sweet potatoes (A) Kiwi fruit (C) 2 Whole wheat rolls	Milk Pork strips with rice Cooked zucchini slices Apricots (A) Bread stick	Milk Baked beans Cauliflower (C) with cheese sauce Fresh strawberries (C) 2 slices whole wheat toast
	Milk Navy beans with ham 2 Corn muffins Butternut squash (A) Chopped spinach (A/C)	Milk Spaghetti with meat sauce  String beans Nectarines (C) Bread stick	Milk Homemade soup with chicken, mixed vegetables (A), rice Whole wheat crackers Tangerines (C)	Milk Swiss steak cubes Mashed potatoes Green salad with tomatoes (C) 2 whole grain rolls	Milk Salmon loaf  Steamed asparagus Pineapple rings  1 cup brown rice
	Milk Tuna casserole with noodles, cheese & broccoli (A/C) Sliced tomatoes (C) Whole grain toast	Milk Oven baked chicken Stir fried spinach (A/C) Peaches Brown rice Whole grain roll	Milk Scrambled eggs Oven baked potato wedges (C) Chopped broccoli (A/C) 2 Whole grain biscuits	Milk Soft taco: no-fat, refried beans, cheese, tomato (C) & lettuce Spanish rice Cantaloupe (A/C)	Milk Homemade beef stew with carrots (A), cabbage, and potatoes Relish tray: cucumbers, celery, broccoli (A/C) 2 slices whole wheat bread 
	Milk Meatloaf Scalloped potatoes Fresh berry bowl (C) 2 Rolls 	Milk Roast turkey Sweet potatoes (A) Green beans 2 Corn muffins	Milk Pork chop suey with green peppers (C), celery, carrots (A) and bean sprouts over 1 cup rice Mandarin oranges (C)	Milk Grilled cheese on 2 slices rye bread Cottage cheese with fresh tomato (C) Tossed salad with carrots (A)	Milk Turkey sandwich on 2 slices whole grain bread Orange sections (C) Steamed broccoli (A/C) 

* (A)= good source of vitamin A
 (C)= good source of vitamin C