

Note: All School Choice items MUST be from existing inventory - if there is not an item for menu, call the office and we will transfer from another site.

	NU-MENU INSTRUCTIONS	MONDAY 2-Jan	TUESDAY 3-Jan	WEDNESDAY 4-Jan	THURSDAY 5-Jan	FRIDAY 6-Jan
B K F S T	MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT		Assorted Fruit Selections 4 oz. 100% pure juice	Assorted Fruit Selections 4 oz. 100% pure juice	Assorted Fruit Selections 4 oz. 100% pure juice	Assorted Fruit Selections 4 oz. 100% pure juice
			Assorted Cereal Grain Snack OR <i>Egg and Cheese Slider on Whole Grain Bun</i>	Assorted Cereal Grain Snack OR <i>Texas Style Whole Grain Cinnamon French Toast Sticks</i>	Assorted Cereal Grain Snack OR Seasonal Muffin 4 oz. Yogurt Parfait	Assorted Cereal Grain Snack OR <i>Whole Grain Maple Waffles with Chicken Sausage</i>
K-12			8 oz. Bottled Milk choice of 1% or skim	8 oz. Bottled Milk choice of 1% or skim	8 oz. Bottled Milk choice of 1% or skim	8 oz. Bottled Milk choice of 1% or skim

S E C O N D A R Y	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEG		>Chicken Nuggetts Whole Grain Mini Biscuit Chef's Mac and Cheese Side <i>Whole Grain Pasta</i>	>Taco Bowl with Salsa Brown Rice and Black Beans Shredded Orange Cheddar Tortilla Chips and Salso Cup	>BBQ Roasted Pulled Pork Sandwich BBQ Sauce on Whole Grain Bun Chef's Mac and Cheese Side <i>Whole Grain Pasta</i>	> Whole Grain Pizza Special Plain, Veggie and Pepperoni OR >Tuna Salad Grinder Whole Wheat Hot Dog Bun WG Cheddar Goldfish	
			OR >Grilled American and Mozzarella Cheese Sandwich Triangles on Whole Wheat Corn Bread Stalker	OR >Rotisserie Seasoned Chicken Parts with Cajun Beans and Brown Rice OR >Entrée Salad: *Mixed Lettuce/Leaf Combo Lettuce/Chopped Broccoli/Purp Cab bite sized cut vegetables in season: carrots, tomato, other	OR >Sliced Turkey, Mozzarella Cheese on French Bread with shredded lettuce, thinly sliced tomato and pickle slices OR >Entrée Salad: *Mixed Lettuce/Leaf Combo Lettuce/Chopped Broccoli/Purp Cab bite sized cut vegetables in season: carrots, tomato, other	OR >South West Taco Boat Salad Mixed Lettuce/Leaf Combo Lettuce/Chopped Broccoli/Purp Cab bite sized cut vegetables in season: carrots, tomato, other Fajita Chicken Shredded Cheddar Cheese Salsa Brown Rice and Black Beans Tortilla Boat	
6-12		New School Quisine Cookbook (NSQ)		>Entrée Salad: *Mixed Lettuce/Leaf Combo Lettuce/Chopped Broccoli/Purp Cab bite sized cut vegetables in season: carrots, tomato, other Shredded Cheese Chick Pea Salad Whole Grain Croutons Seasonal Muffin 4 oz. Yogurt	*Tossed Super Salad: <i>combination of dark green lettuce, coarsley chopped broccoli and other coarsley chopped vegetables for color in season</i> *Three Bean Salad w/Carrots *Fresh, Chilled, and Dried Fruit Selections	*Tossed Super Salad: <i>combination of dark green lettuce, coarsley chopped broccoli and other coarsley chopped vegetables for color in season</i> *Roasted Spicy Potato Wedges *B-B-Q Beans w/Smoked Turkey Ham *Fresh, Chilled, and Dried Fruit Selections	*Tossed Super Salad: <i>combination of dark green lettuce, coarsley chopped broccoli and other coarsley chopped vegetables for color in season</i> *Carrot Sticks *Fresh, Chilled, and Dried Fruit Selections
		Side(s): (1/2 cup portions)		*Vegetarian Chili and Beans with <i>Mass. Grown Kale</i> Shredded Cheddar *Green Bean and Fresh Tomato Salad *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Milk Choices
		Fruit Selection = Fresh in Season Wedged if Appl. / Cupped w/Top Cupped w/Topping, etc.					

* ALL SALAD / FRESH VEGETABLE PREPARATION MUST TAKE PLACE ON DAY OF MEAL SERVICE, NOT THE DAY BEFORE.

* In addition to the regular menu, the following will be available daily: SunButter Packet/Jelly, Whole Grain Bread, WG Pretzel Goldfish or WW Saltines, 4 oz. Yogurt Cup, (vegetables and fruits per menu).

E L E M	Elementary Entrée MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEG (1/2 cup portions) unless otherwise noted		>Grilled American and Mozzarella Cheese Sandwich Sticks on Whole Wheat Chef's Tomato Dipping Sauce	>Taco Bowl with Cajun Beans and Brown Rice Shredded Orange Cheddar Tortilla Chips and Salso Cup	>Diced Chicken and Gravy Mini Buttermilk Biscuit	> Whole Grain Pizza Special Plain, Veggie and Pepperoni
K-6			*Chef Hearty Seasonal Vegetable and Bean Minestrone Soup *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Broccoli Florets w/Low Fat Ranch Cup *Fresh, Chilled, and Dried Fruit Selections *8 oz. Milk Choices	*Mashed Potatoes *Peas and Carrots *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad: <i>combination of dark green lettuce, coarsley chopped broccoli and other coarsley chopped vegetables for color in season</i> *Carrot Sticks *Fresh, Chilled, and Dried Fruit Selections *8oz Milk Choices

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* In addition to the regular menu, the following will be available daily: SunButter Packet/Jelly, Whole Grain Bread, 4 oz. Yogurt Cup (vegetables and fruits per menu)

After School Snack	Items Prepared must be noted on Production Records		*8 oz. Milk Choices *Goldfish Cheddar Crackers	*8 oz. Milk Choices *Whole Grain Cookie Snack Bites	*8 oz. Milk Choice *Assorted Grain Snacks	*8 oz. Milk Choice *Assorted Grain Snacks
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