

National Children's Center Lunch Menu

(Breakfast & Lunch Meal Pattern School Grades 9-12) Same for ETS

NSLP

Feb-16

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1  Lunch <u>Beef and Broccoli</u> Stir Fry Beef 2 oz Brown Rice 1/2 cup Broccoli 1/2 cup Cabbage 1/2-cup Whole Grain Bread 1 oz Mandarin Oranges 1 cup	2  Lunch <u>Southern Fried Chicken</u> Southern Fried Chicken 2 oz WG Mac & Cheese 1/2 cup Okra & Tomatoes 1/2 cup Lima Beans 1 cup Grapes 1 cup	3  Lunch <u>Hamburger</u> 100% Beef Burger 3 oz Whole Grain Bun 2 oz Sweet Potato Fries 1/2 cup Green Beans 1/2 cup Mustard, Mayo, Ketchup (1 pkt) Apple Slices 1 cup	4  Lunch <u>Salad with Chicken Strips</u> Grilled Chicken Strips 2 oz Cheese 1 oz Tossed Salad w/ Romaine 1 cup Ranch Salad Dressing 2 pkts Plantains 1/2 cup Whole Grain Dinner Roll 2 oz Cantaloupe 1 cup	5  Lunch <u>Lemon Pepper Turkey Cutlet</u> Lemon Pepper Turkey Cutlet 2 oz Parmesan Potatoes 1/2 cup Carrots 1/2 cup Corn 1/2 cup Whole Grain Bread 2 oz Strawberries 1 cup
Week 2	8  Lunch <u>Taco Salad</u> Taco Beef 2 oz, Cheese 1 oz Shredded Romaine Lettuce 1 cup Corn 1/2 cup Diced Tomato 1/4 cup Whole Grain Tortilla 2.5 oz Tropical Fruit Cup 1 cup	9  Lunch <u>Teriyaki Chicken 2 oz</u> Teriyaki Chicken 2 oz Fried Brown Rice 1/2-cup Stir Fry Vegetables 1/2 cup Cabbage 1/2-cup Whole Grain Bread 1 oz Pears 1 cup	10  Lunch <u>Spaghetti with Meatsauce</u> Beef Meatsauce 3 oz Whole Grain Spaghetti 1/2 cup Cauliflower 1/2 cup Summer Squash 1/2 cup Whole Grain Dinner Roll 2 oz Fresh Orange 1 cup	11  Lunch <u>Turkey and Cheese Sandwich</u> Smoked Turkey 2 oz, Cheese 1 oz Whole Grain Roll 2 oz Three Bean Salad 1/2 cup Carrot Sticks 1/2 cup Mayo, Mustard, Ranch (1 pkt) Honeydew 1 cup	12  Lunch <u>Chicken Drumsticks</u> Chicken Drumstick 3 oz (2 pieces) Mashed Sweet Potatoes 1/2 cup Sautéed Spinach 1/2 cup Whole Grain Roll 2 oz Pineapples 1 cup
Week 3	15  Lunch <u>Meatloaf</u> Turkey Meatloaf 3 oz Roasted Potatoes 1/2 cup Green Beans 1/2 cup Carrots 1/2 cup Whole Grain Dinner Roll 2 oz Fruit Cup 1 cup	16  Lunch <u>BBQ Chicken Sandwich</u> BBQ Chicken 2 oz Whole Grain Bun 2 oz Cole Slaw 1/2 cup Sweet Potato 1/2 cup Grapes 1 cup	17  Lunch <u>Salisbury Steak</u> Salisbury Steak 3oz. /Gravy 1oz Brown Rice 1/2 cup Corn 1/2 cup Collar Green 1/2 cup WG Dinner Roll 2oz Apple Slices 1/2 cup	18  Lunch <u>Chicken Parmesan</u> Breaded Chicken 2 oz, Cheese 1 oz Whole Grain Pasta 1/2 cup Marinara Sauce 1/2 cup Broccoli 1/2 cup Whole Grain Bread 1 oz Cantaloupe 1 cup	19  Lunch <u>Turkey with Gravy</u> Turkey Patty 3 oz, Gravy 1 oz Garlic Mashed Potatoes 1/2 cup Lima Beans 1/2 cup Whole Grain Roll 2 oz Strawberries 1 cup
Week 4	22  Lunch <u>Meatballs with Gravy</u> Meatballs 2 oz (4 each), Gravy 1 oz Brown Rice 1/2 cup Yellow Squash 1/2 cup Broccoli 1/2 cup Whole Grain Bread 1 oz Cinnamon Applesauce 1 cup	23  Lunch <u>Grill Cheese Sandwich</u> Cheese 2oz. WG Bread 2oz Corn 1/2 cup Stewed Tomato 1/2 cup Peaches 1 cup	24  Lunch <u>Herb Baked Chicken</u> Herb Chicken 2 oz Spanish Brown Rice 1/2 cup Seasoned Black Beans 1/2 cup Tossed Salad w/ Romaine 1 cup Ranch Salad Dressing 2 pkts Whole Grain Bread 1 oz Fresh Orange 1 cup	25  Lunch <u>Pepper Steak</u> Pepper Steak 3 oz Oven Roasted Potatoes 1/2 cup Carrots 1/2 cup Peppers and Onions 1/2 cup Whole Grain Roll 2 oz Honeydew 1 cup	26  Lunch <u>Grilled Chicken Sandwich</u> Grilled Chicken 3 oz Whole Grain Bun 2 oz Sweet Potato Fries 1/2 cup Sautéed Kale 1/2 cup Ketchup, Mayonnaise (1 pkt) Pineapple 1 cup
Week 5-3	29 				
Week 5-2	Lunch <u>Taco Salad</u> Taco Beef 2 oz, Cheese 1 oz Shredded Romaine Lettuce 1 cup Corn 1/2 cup Salsa 1/2 cup Whole Grain Tortilla 2.5 oz Tropical Fruit Cup 1 cup				

A variety of 8-oz milk is served with all meals: 1% (unflavored); fat-free (flavored)