

SFSP Supplement: Minimum Meal Pattern- Select 2 of 4 Component Groups (8 oz. Fluid Milk, ¼ c. Fruit/Juice/Vegetable, 1 serving Grain/Bread, or 1 oz. Meat/Meat Alternate)

| Component | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|------------------|--------------|-------------------|-----------------------|-------------------|------------------|-----------------------|
| Milk | Item | | | | | |
| | Portion Size | | | | | |
| F/V | Item | 100 % peach juice | 100 % apple juice | 100% orange juice | 100% peach juice | 100% apple juice |
| | Portion Size | 6 oz (15g) (4oz) | 6 oz (15g) (4oz) | 6 oz (15g) (4oz) | 6 oz (15g) (4oz) | 6 oz (15g) (4oz) |
| G/B | Item | Cracker, cheese | Cracker Giant Graham | Goldfish Pretzel | Cracker, cheese | Cracker, Giant Graham |
| | Portion Size | 1.3 oz (15g) | .9 oz (15g) | .75 oz (15g) | 1.3 oz (15g) | .9 oz (15g) |
| M/MA | Item | | | | | |
| | Portion Size | | | | | |
| Other (Optional) | Item | | | | | |
| | Portion Size | | | | | |
| Component | | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
| Milk | Item | | | | | |
| | Portion Size | | | | | |
| F/V | Item | 100% Peach Juice | 100 % apple juice | 100% orange juice | 100% peach juice | 100% apple juice |
| | Portion Size | 6 oz (15g/4oz) | 6 oz (15g/4oz) | 6 oz (15g/4oz) | 6 oz (15g/4oz) | 6 oz (15g/4oz) |
| G/B | Item | Cracker, Cheese | Cracker, Giant Graham | Goldfish Pretzel | Cracker cheese | Cracker, Giant Graham |
| | Portion Size | 1.3 oz (15g) | .9 oz (15g) | .75 oz (15g) | 1.3 oz (15g) | .9 oz (15g) |
| M/MA | Item | | | | | |
| | Portion Size | | | | | |
| Other (Optional) | Item | | | | | |
| | Portion Size | | | | | |

Approved Jane Zatko MS, RD, LD/N
2/10/11

15g Carbohydrate = 1 serving (starch)

NSLP Lunch: Minimum Meal Pattern- 8 oz. Fluid Milk, ¼ c. Total Serving Fruit/Juice/Vegetable (from 2 items)(juice can not be counted as more than ½ of the F/V requirement), 1 serving Grain/Bread (with 8 serving/5 day week), and 2 oz. Meat/Meat Alternate.

| Component | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|---------------------|--------------|------------------------------|---|--|--|--|
| Milk | Item | Fluid Milk Wh 1%, Choc ½% | Fluid Milk Wh 1%, Choc ½% | Fluid Milk Wh 1%, Choc ½% | Fluid Milk Wh 1%, Choc ½% | Fluid Milk Wh 1%, Choc ½% |
| | Portion Size | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) |
| M/MA | Item | Ham & Ch. Sand. (15g) | US D-22 Ground Beef with Macaroni | US D - 20 Chili with Beans | Chicken Breaded Patty CN label | D - 35 Spaghetti & Meat sauce |
| | Portion Size | 2.25 oz = 2 oz M/MA | 2 # 8 scoop / 1 cup = 2 oz. M/MA (15g) | #8 scoop/ 1/2 cup = 2 oz. M/MA | 3.7 oz. = 2 oz M/MA | 2 #8 scoops/1 c = 2 oz/MA (15g) |
| 1 st F/V | Item | Fruit, Apple Fresh | Fruit, Banana Fresh | Fruit, Orange Fresh | Fruit, Apple Fresh | Fruit, Banana Fresh |
| | Portion Size | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) |
| 2 nd F/V | Item | Carrots (15g) | Beans, Green | Veg Mix 4-Way | Potato Mashed (15g) | Corn (15g) |
| | Portion Size | #10 scoop/ 3/8 cup | #10 scoop/ 3/8 cup | #10 scoop/ 3/8 cup | #10 scoop/ 3/8 cup | #10 scoop/ 3/8 cup |
| G/B | Item | Bread, Cuban Sub | Pasta (15g) | Rice, Cooked | Bread, dinner roll + 1 bread fm patty (15g) | Pasta (15g) |
| | Portion Size | 1 ea/ 2 oz (30g) | 2 #8 scoop / 1 cup | #8 scoop/ ½ c | 1 ea/1 oz + 1 fm patty | 2 #8 scoop / 1 cup |
| Other (Optional) | Item | Am Cheese | | M/MA Hot Dog | Gravy | |
| | Portion Size | 1 ea / .5 oz | | 1 ea / 2 oz | 1 oz | |
| Component | | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
| Milk | Item | Fluid Milk Wh 1%, Choc ½% | Fluid Milk Wh 1%, Choc ½% | Fluid Milk Wh 1%, Choc ½% | Fluid Milk Wh 1%, Choc ½% | Fluid Milk Wh 1%, Choc ½% |
| | Portion Size | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) |
| M/MA | Item | Hamburger | Chicken Parmesan CN Label | Taco Meat D-13C +cheese | Pizza Cheese CN | Chicken Nuggets CN |
| | Portion Size | 2.4 oz = 2 oz M/MA (30g) | 1 ea/ 3.7 oz = 2 oz M/MA (15g) | #16 scoop/ ¼ cup + ¼ oz cheese = 2 oz M/MA | 1-4.7 oz/2 oz M/MA (15g) | 5 ea = 2 oz M/MA (15g) |
| 1 st F/V | Item | Fruit, Apple Fresh | Fruit, Banana Fresh | Fruit, Orange Fresh | Fruit, Apple Fresh | Fruit, Banana Fresh |
| | Portion Size | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) |
| 2 nd F/V | Item | Tater Tots | Veg Blend Capri | Lettuce + Diced Tom | Corn (15g) | Spinach |
| | Portion Size | 7 each (15g) | #10 scoop/ 3/8 cup | ¼ cup each | #10 scoop/ 3/8 cup | #10 scoop/ 3/8 cup |
| G/B | Item | Bread, HB Bun | Pasta Egg Noodle | Taco Shell Hard Rice | Pizza crust | Bread, dinner roll + 1 from nuggets |
| | Portion Size | 1 ea/ 2.1 oz (15g) | #8 scoop / ½ cup (15g) | 1 ea/ .5 oz ea. #8 scoop/1/2 c (15g) | 2 ½ (15g) | 1 ea/1 oz 5 nuggets (15g) |
| Other (Optional) | Item | Ketchup/Mayo/Mus | | Salsa | | |
| | Portion Size | Individual | | 1 oz | | |

1 serving = (15g) Carbohydrate Approved 2/14/11

Jan A. Zatko MS, RD, LD/N

NSLP Breakfast: Minimum Meal Pattern- 8 oz. Fluid Milk, ½ c. Fruit/Juice/Vegetable, and 2 servings Grain/Bread, or 2 Servings Meat/Meat Alternate or 1 serving Grain/Bread and 1 serving Meat/Meat Alternate.

| Component | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|----------------------|--------------|--------------------------|-----------------------|--|-----------------------|--------------------------|
| Milk | Item | Fluid Milk | Fluid Milk | Fluid Milk | Fluid Milk | Fluid Milk |
| | Portion Size | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) |
| F/V | Item | Juice, Orange 100% juice | Juice, AP 100% juice | Juice, GR 100% juice | Juice, FR 100% juice | Juice, choice 100% juice |
| | Portion Size | 4 oz / half cup (15g) | 4 oz / half cup (15g) | 4 oz / half cup (15g) | 4 oz / half cup (15g) | 4 oz / half cup (15g) |
| G/B | Item | French Tst Sticks | | | Grits (15g) | Biscuit |
| | Portion Size | 3 ea/2.64 oz (15g) | | | #8 scoop = 1/2 cup | 1 ea / 2.2 oz (15g) |
| 2 nd G/B | Item | Cereal, Asst (15g) | Cereal, Asst (15g) | Cereal, Asst (15g) | Cereal, Asst (15g) | Cereal, Asst (15g) |
| | Portion Size | 1 ea / ¾ cup or 1 oz | 1 ea / ¾ cup or 1 oz | 1 ea / ¾ cup or 1 oz | 1 ea / ¾ cup or 1 oz | 1 ea / ¾ cup or 1 oz |
| M/MA | Item | | Pizza sausk CN | Egg Patty CN | | (15g) |
| | Portion Size | | 1 ea / 3.2 oz | 1 ea / 1.25 oz = 1 oz M | | |
| 2 nd M/MA | Item | | 1 oz M / 1.5 G/B | | | |
| Other (Optional) | Item | Fruit, Apple Fresh | Fruit, Banana Fresh | Fruit, Orange Fresh | Fruit, Apple Fresh | Fruit, Banana Fresh |
| | Portion Size | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) |
| Component | | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
| Milk | Item | Fluid Milk | Fluid Milk | Fluid Milk | Fluid Milk | Fluid Milk |
| | Portion Size | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) | 8 oz (15g) |
| F/V | Item | Juice, Orange 100% juice | Juice, AP 100% juice | Juice, GR 100% juice | Juice, FR 100% juice | Juice, choice 100% juice |
| | Portion Size | 4 oz / half cup (15g) | 4 oz / half cup (15g) | 4 oz / half cup (15g) | 4 oz / half cup (15g) | 4 oz / half cup (15g) |
| G/B | Item | Cereal, Asst (15g) | Cereal, Asst (15g) | Cereal, Asst (15g) | Cereal, Asst (15g) | Cereal, Asst (15g) |
| | Portion Size | 1 ea / ¾ cup or 1 oz | 1 ea / ¾ cup or 1 oz | 1 ea / ¾ cup or 1 oz | 1 ea / ¾ cup or 1 oz | 1 ea / ¾ cup or 1 oz |
| 2 nd G/B | Item | Bagel | Pancake | | French Toast Sticks | Waffle Square |
| | Portion Size | ½ bagel / 1.15 oz (15g) | 1 ea / 1.2 oz (15g) | | 3 ea / 2.64 oz (15g) | 1 ea / 1.2 oz (15g) |
| M/MA | Item | | | Panck Saus Stk CN | | |
| | Portion Size | | | 1 ea / 2.67 oz 1 oz meat 1 serving G/B | | |
| 2 nd M/MA | Item | | | (15g) Panck | | |
| | Portion Size | | | | | |
| Other (Optional) | Item | Fruit, Apple Fresh | Fruit, Banana Fresh | Fruit, Orange Fresh | Fruit, Apple Fresh | Fruit, Banana Fresh |
| | Portion Size | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) | 1 ea (15g) |

1 Serving = 15g Carbohydrate

APPROVED

Jane G. Zerk MS, RD, LD/N 2/14/11

Monroe County Lunch Menu

October 2011 through January 2012




MONDAY 

TUESDAY 

WEDNESDAY 

THURSDAY 

FRIDAY 

| | | | | | |
|--|--|---|---|--|---|
| Deli Shop  | <p>Daily Deli Shop Sandwiches May Include: Turkey Breast & Cheese, Chicken Ranch Wrap, Homemade Egg Salad*, Tuna Salad, Ham & Cheese, Ham & Turkey, Chicken Salad, Cuban, Cheese*, Peanut Butter and Jelly*, Vege Cheddar Ranch* Breads may include wheat, Cuban, wrap or bun Meal includes vegetable, fruit & milk</p> | | | | |
| Light Bites  | <p>Light Bite Salads May Include: Ham Chef, Garden Vegetarian*, Tuna, Chicken Salad, Turkey Chef, Fruit/Yogurt*, Chicken Chef Meal includes crackers, fruit & milk</p> | | | | |
| <p>Entrée choices include at least one Deli Shop, Light Bite and Student Favorite choice daily. At least one entrée each day will be a vegetarian option. Elementary schools will offer peanut butter and jelly sandwiches daily.</p> | | | | | |
| Student Favorites  | <p>10/3, 10/24 MC, 11/14, 12/12, NS Hot Dog w/Bun (1) Tater Tots (1) meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/4, 10/25, 11/15, 12/13, 1/17 Ravioli (1) w/Roll (1) Corn (1) meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/5, 10/20, 1/18 Oven Roasted Chicken w/Roll (1) Mashed Potatoes (1) & Gravy meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/6, 10/27, 11/17, 12/15, 1/19 MC Popcorn Chicken (1) Macaroni & Cheese (1) Green Beans meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/7, 10/28, 11/18 MC, 12/16, NS Cheese* Pizza (1) Garden Salad meal includes fruit & milk (1) each for Fruit/Milk</p> |
| <p>NS, 10/31, 11/28, 12/19, 1/23 Hamburger w/Bun (1) Potato Wedges (1) meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/11, 11/1, 11/29, 12/20, 1/24 Chicken Parmesan Egg Noodles (1) Caribbean Vegetable Blend meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/12, 11/12, 11/30, 12/21, 1/25 Nachos (1) with Meat Steamed Rice (1) Garden Salad meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/13, 11/3, 12/1, 12/22 MC, 1/26 Baked Ziti (1)* w/Roll (1) Carrot and Celery Sticks w/dip meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/4, 11/4, 12/2, NS., 1/27 Meatball Sub (1) 5-Way Vegetables meal includes fruit & milk (1) each for Fruit/Milk</p> | |
| <p>10/17, 11/7, 12/5, NS, 1/30 Chicken Patty (1) w/Bun Sweet Potato Wedges (1) meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/18, 11/8, 12/6, 1/10, 1/31 Corn Dog (1) Sliced Carrots (1) meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/19, 11/9, 12/7, 1/11 (1) Taco w/Lettuce, Cheese, Salsa (1) Steamed Rice Refried Beans meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/20, 11/10 MC, 12/8, 1/12 (1) Spaghetti & Meat Balls (1) Dinner Roll Seasoned Broccoli meal includes fruit & milk (1) each for Fruit/Milk</p> | <p>10/21, NS, 12/9, 1/13 MC (1) Chicken Nuggets (1) w/Roll (1) Au gratin Potatoes Spinach meal includes fruit & milk (1) each for Fruit/Milk</p> | |

1 Serving = 15 g of Carbohydrate

October 2011 Through January 2012



| WEEK OF | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|---|
| 10/3 10/17 10/31 11/14 11/28 12/12 1/9 1/23 | French Toast Sticks (1) (1) Syrup Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk | *Breakfast Pizza <i>Combo</i> * (1) Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk | Sausage Roll (1) Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk | Pancakes (1)/ (1) Syrup Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk | Warm Biscuits(1) & Jelly (1) Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk |
| 10/10 10/24 11/7 11/21 12/5 12/19 1/6 1/30 | *Egg Sandwich <i>Combo</i> (1)* Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk | Pancakes (1) (1) Syrup Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk | *Pancake (1) Sausage Stick <i>Combo</i> (1) Syrup* Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk | French Toast (1) (1) Syrup Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk | Waffles (1) (1) Syrup Assorted Cereals (1) meal includes choice of juice or fruit & milk (1) each for Fruit/Milk |

*Students may choose our *Combo* item on special days, OR, Mix and Match up to two individual entrée items every day. Student breakfast \$1.75, Reduced .30, Adult \$2.25
Parents ~ prepaying for meals online is quick and easy just go to www.mealpayplus.com*

1 Serving = 15g of carbohydrates

2011-2012 IOU Policy Charge Limits
Reduced priced meals grades K-12 \$2.10 ----- Full priced meals grades K-5 \$12.00 No IOUs in grades 6-12.
Dollar limit is equal to 3 IOU's for breakfast and 3 IOU's for lunch. When a student has reached the dollar limit allowed the parent will be responsible for providing meals until the account is paid. Students with a negative balance will not be allowed to purchase a la carte items.

For a hot, nutritious and well balanced meal we still have the best deal in town.
Our meals are made with lots of TLC thanks to the GREAT Foodservice Staff in every school.

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