Harvest Elementary School Café

Lunch Menu

Sunbutter & Jelly Sandwich offered daily

K-8

Monday	Tuesday	Wednesday	Thursday	Friday	*Were the Weekly Requirements met?*
Hamburger (2 oz eq M/MA) **Whole Grain Bun** (1.5 oz eq G) **Sweet Potato Oven Fries** (¼ Cup) **Green Beans** (¼ Cup) **Apple Slices** (½ cup) **1% White Milk** - 8 oz **FF Choc. Milk** - 8 oz	**Whole Grain Pasta** (1 cup) **Tomato Sauce** (½ Cup) **Caesar Salad** (1 Cup) **Orange Wedges** (½ Cup) **Chilled Peaches** (½ Cup) **1% White Milk** - 8 oz **FF Choc. Milk** - 8 oz	*Bag Lunch* **Sun Butter & Jelly on WG Bread** (2T = 1 M/MA & 2 oz eq G) **Carrot Sticks** (½ Cup) **Apple** (½ Cup) **100% Juice** (4 oz) **WG Cookie** (1 oz eq Grain)	**Grilled Cheese on Whole Grain Bread** (1 oz M/MA & 2 oz eq G) **BlackBean & Corn Salad** (½ Cup) **Celery Sticks** (½ Cup) **Chilled Pears** (1/4 Cup) **1% White Milk** – 8 oz **FF Choc. Milk** – 8 oz	*Brunch for Lunch* **WG French Toast Sticks** (1.5 oz eq G) **Sausage Patty** (2 oz = .75 M/MA) **Potato Wedges** (½ Cup) **Mandarin Oranges** (½ Cup) **100% Fruit Juice** (½ Cup) **1% White Milk** – 8 oz **FF Choc. Milk** – 8 oz	**M/MA (9 oz eq)?** YES NO **Grain (8 oz eq)?** YES NO **Vegetable (3-3/4 cups)?** YES NO **Dark Green Veg (1/2 cup)?** YES NO **Red/Orange Veg (3/4 cup)?** YES NO **Legumes (1/2 cup)?** YES NO **Starchy Veg (1/2 cup)?** YES NO **Other Veg (1/2 cup)?** YES NO **Fruit (2-1/2 cups)?** YES NO **Milk (5 cups)?** YES NO

Were the following requirements met?

Monday Totals	Amt.	Y/N	Tuesday Totals	Amt.	Y/N	Wednesday Totals	Amt.	Y/N	Thursday Totals	Amt.	Y/N	Friday Totals	Amt.	Y/N	WEEKLY Totals	Amt.	Y/N
M/MA:	____	____	**M/MA:**	____	____	**M/MA:**	____	____	**M/MA:**	____	____	**M/MA:**	____	____	**M/MA:**	____	____
Grain:	____	____	**Grain:**	____	____	**Grain:**	____	____	**Grain:**	____	____	**Grain:**	____	____	**Grain:**	____	____
Veg:	____	____	**Veg:**	____	____	**Veg:**	____	____	**Veg:**	____	____	**Veg:**	____	____	**Veg:**	____	____
Fruit:	____	____	**Fruit:**	____	____	**Fruit:**	____	____	**Fruit:**	____	____	**Fruit:**	____	____	**Fruit:**	____	____
Milk:	____	____	**Milk:**	____	____	**Milk:**	____	____	**Milk:**	____	____	**Milk:**	____	____	**Milk:**	____	____