

Menus that Move

Fall Cycle Menu • Grades K – 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun Fresh Apple Slices Tater Tots 2 Pkts Ketchup Vegetarian Baked Beans Milk*	Sweet Sesame Chicken Stir Fry with Asian Brown Rice Apricots California Casserole Fortune Cookie Milk	Cheese & Pepperoni Breadsticks with Marinara Sauce Pears Spinach Strawberry Salad Milk	Walking Taco Peaches in Gelatin Cowboy Corn Salad Tortilla Scoop, 1 oz Milk	Chicken Nuggets 1 oz BBQ Sauce Pineapple Sweet Potato Fries Green Beans & Carrots Whole-Grain Roll Milk
Week 2	Grilled Chicken Sandwich 1 Tbsp Low-Fat Mayo Pears Baked Beans Milk	Hatton Chicken Crunch with Brown Rice Peach Cup Milk	Rotini & Meat Sauce Parmesan Cheese, 1 Tbsp Apricot Cup Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Beef & Refried Bean Burrito with Salsa Fresh Tangerine Corn Milk	Grilled Cheese Sandwich Fresh Grapes Waffle Fries 1 Pkt Ketchup Carrots Milk
Week 3	Mac & Cheese Fruit Salad Baby Carrots with Hummus Green Beans Milk	Chicken Broccoli Bowl Applesauce Cup California Blend Milk	Cheese & Pepperoni Pizza Pears in Cherry Jell-O Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Quirky Quesadillas Fresh Orange Wedges Mexicali Corn Milk	Hamburger on a Bun Peaches Sweet Potato Puffs 2 Pkts Ketchup Milk
Week 4	BBQ Chicken Sandwich Pink Grapefruit Lemon Broccoli Potato Wedges 2 Pkts Ketchup Milk	Teriyaki Chicken with Brown Rice Fresh Apple Slices Veggies & Hummus Whole-Grain Cookie Milk	Mini Meatball Sub with Marinara Sauce Fresh Banana Bean & Corn Salad Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Mandarin Oranges Whole-Grain Tortilla Chips with Salsa Milk	Turkey & Gravy Strawberry Cup Mashed Potatoes Green Beans Whole-Grain Roll 1 Pat Butter Milk
Week 5	Sock-Rockin' Chili Applesauce Fresh Cucumber & Tomato Dip Whole-Grain Roll 1 Pat Butter Milk	Sweet & Sour Chicken Nuggets with Brown Rice Fresh Red Grapes Carrots Corn Milk	Chicken Alfredo with a Twist Pears in Cherry Jell-O Garlic Broccoli Milk	Mexican Pizza Peach Cup Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Turkey & Ham Deli Sub 1 Tbsp Low-Fat Mayo Fresh Banana Baby Carrots with Hummus Milk

*Selections include a choice of 1-cup serving of Low-Fat (unflavored) or Fat-Free (unflavored or flavored) milk.

Menus that Move

Grades K – 8 • Fall • Week 1 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	Daily Totals						
Vegetables	¾ cup	1 cup	1 cup	1-¼ cups	1 cup	5 cups	3-¾ cups
Dark Green			Spinach Strawberry Salad = ½ cup			½ cup	½ cup
Red/Orange		Sweet Sesame Chicken Stir Fry = ¼ cup	Marinara Sauce = ½ cup	Walking Taco = ¼ cup	Sweet Potato Fries = ½ cup	1-½ cups	¾ cup
Beans/Legumes	Vegetarian Baked Beans = ¼ cup			Cowboy Corn Salad = ¼ cup		½ cup	½ cup
Starchy	Tater Tots = ½ cup	California Casserole = ¼ cup				¾ cup	½ cup
Other	Lettuce/Tomato = ¼ cup	California Casserole = ½ cup		Cowboy Corn Salad = ½ cup Walking Taco = ¼ cup	Green Beans & Carrots = ½ cup	1-¾ cups	½ cup
Fruits	Fresh Apple Slices = ½ cup	Apricots = ½ cup	Strawberry Spinach Salad = ½ cup (¼ cup FRESH) Pears = ½ cup	Peaches in Gelatin = ½ cup (½ cup FRESH)	Pineapple = ½ cup	3 cups (¾ cup FRESH)	2 ½ cups
Grains	Hamburger on a Bun = 2 oz-eq	Asian Brown Rice = 1 oz-eq	Cheese & Pepperoni Breadsticks = 2 oz-eq	Tortilla Scoops = 1 oz-eq	Chicken Nuggets = 1 oz-eq Whole-Grain Roll = 1 oz-eq	8oz-eq	8 – 9 oz-eq
Whole Grain-Rich	Hamburger on a Bun = 2 oz-eq	Asian Brown Rice = 1 oz-eq			Whole-Grain Roll = 1 oz-eq	4 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Hamburger on a Bun = 2 oz-eq	Sweet Sesame Chicken Stir Fry = 2 oz-eq	Cheese & Pepperoni Breadsticks = 1 oz-eq	Walking Taco = 3 oz-eq	Chicken Nuggets = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

Schools must provide food labels to verify that all foods (or foods and ingredients) used in menus and recipes are trans fat free. USDA is an equal opportunity provider and employer.

Ohio Department of Education

Menus that Move

Grades K – 8 • Fall • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	628 kcal/d
Saturated Fat	<10% of total kcal	5.4%
Sodium	≤1230 mg/d	1057 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 1 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	Bronze	Silver	Gold	Gold of Distinction
Vegetables	 Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		 Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
Fruit	 1 fruit per week must be served fresh.	 2 fruits per week must be served fresh.	 3 fruits per week must be served fresh.	 4 fruits per week must be served fresh.
Grains	 Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.		 All grains offered must be whole grain-rich.	
	 At least three different types of whole grain-rich foods offered during the week.			 Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 1 Summary of USDA Foods

Fruits

Apricots, canned
Peach and Tropical Gel Cup
Pears, canned

Grains

Rice, brown

Meats

Beef, frozen, patty
Beef, frozen, taco filling, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Chicken, diced, frozen
Chicken, nuggets, frozen
Cheese & Pepperoni Breadsticks, ODE

Vegetables

Beans, black, canned, low-sodium
Beans, canned, vegetarian sauce, low-sodium
Beans, green, frozen
Carrots, frozen
Corn, frozen
Potatoes, rounds, frozen
Sweet Potatoes, fries, frozen
Tomatoes, marinara sauce, canned ODE

Grades K – 8 • Fall • Week 1 Summary of Recipes

Asian Brown Rice
California Casserole
Cowboy Corn Salad
Spinach Strawberry Salad
Sweet Sesame Chicken Stir-Fry, (ES)
Walking Taco

Menus that Move

Grades K – 8 • Fall • Week 2 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Grilled Chicken Sandwich 1 Tbsp Low-Fat Mayo Pears Vegetarian Baked Beans Milk	Hatton Chicken Crunch with Brown Rice Peach Cup Milk	Rotini & Meat Sauce Parmesan Cheese, 1 Tbsp Apricot cup Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Beef & Refried Bean Burrito with Salsa Fresh Tangerine Corn Milk	Grilled Cheese Sandwich Fresh Grapes Waffle Fries 1 Pkt Ketchup Carrots Milk		
MEAL COMPONENTS	Daily Totals					Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	¾ cup	¾ cup	1-¼ cups	¾ cup	1 cup	4-½ cups	3-¾ cups
Dark Green		Hatton Chicken Crunch = ⅝ cup	Tossed Side Salad = ½ cup			1-⅛ cups	½ cup
Red/Orange		Hatton Chicken Crunch = ⅛ cup	Rotini & Meat Sauce = ½ cup	Salsa = ¼ cup	Carrots = ½ cup	1-⅜ cups	¾ cup
Beans/Legumes	Vegetarian Baked Beans = ½ cup			Beef & Bean Burrito = ⅛ cup		⅝ cup	½ cup
Starchy				Corn = ½ cup	Waffle Fries = ½ cup	1 cup	½ cup
Other	Lettuce/Tomato = ¼ cup		Tossed Side Salad = ¼ cup			½ cup	½ cup
Fruits	Pears = ½ cup	Peaches = ½ cup	Apricot Cup = ½ cup	Fresh Tangerines = ½ cup (½ cup FRESH)	Fresh Grapes = ½ cup (½ cup FRESH)	2-½ cups (1 cup FRESH)	2 ½ cups
Grains	Grilled Chicken Sandwich = 2 oz-eq	Hatton Chicken Crunch = 1 oz-eq Whole-Grain Rice = 1 oz-eq	Rotini & Meat Sauce = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	Grilled Cheese Sandwich = 2 oz-eq	8.5 oz-eq	8 – 9 oz-eq
Whole Grain-Rich	Grilled Chicken Sandwich = 2 oz-eq	Whole-Grain Rice = 1 oz-eq	Rotini & Meat Sauce = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	Grilled Cheese Sandwich = 2 oz-eq	7.5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Grilled Chicken Sandwich = 2 oz-eq	Hatton Chicken Crunch = 2 oz-eq	Rotini & Meat Sauce = 2 oz-eq	Beef & Bean Burrito = 2 oz-eq	Grilled Cheese Sandwich = 1.5 oz-eq	9.5 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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Menus that Move

Grades K – 8 • Fall • Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	630 kcal/d
Saturated Fat	<10% of total kcal	7%
Sodium	≤1230 mg/d	1227 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 2 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	Bronze	Silver	Gold	Gold of Distinction
Vegetables	Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
Fruit	1 fruit per week must be served fresh.	2 fruits per week must be served fresh.	3 fruits per week must be served fresh.	4 fruits per week must be served fresh.
Grains	Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.		All grains offered must be whole grain-rich.	
	At least three different types of whole grain-rich foods offered during the week.			Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 2 Summary of USDA Foods

Fruits

Apricots, cup
Peaches, frozen cups
Pears, canned

Grains

Rice, brown
Rotini, whole-grain
Tortillas, whole-grain, frozen

Meats

Beef, meat sauce, frozen, Reduced-Fat
Beef, taco filling, frozen, Reduced-Fat
Cheese, American, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Chicken, grilled patty, frozen
Chicken, popcorn chicken, frozen

Vegetables

Beans, green, frozen
Beans, refried, canned
Beans, canned, vegetarian in sauce, low-sodium
Carrots, frozen
Corn, frozen
Potatoes, waffle fries, frozen, seasoned
Salsa, canned, low-sodium
Tomatoes, sauce, canned, low-sodium

Grades K – 8 • Fall • Week 2 Summary of Recipes

Beef and Refried Bean Burrito
Hatton Chicken
Rotini & Meat Sauce, (ES)
Tossed Side Salad

Menus that Move

Grades K – 8 • Fall • Week 3 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Mac & Cheese Fruit Salad Baby Carrots with Hummus Green Beans Milk	Chicken Broccoli Bowl Applesauce Cup California Blend Milk	Pepperoni & Cheese Pizza Pears in Cherry Jell-O Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Quirky Quesadilla Fresh Orange Wedges Mexicali Corn Milk	Hamburger on a Bun Peaches Sweet Potato Puffs 2 Pkts Ketchup Milk		
MEAL COMPONENTS	Daily Totals					Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1-¼ cups	1 cup	⅞ cup	¾ cup	¾ cup	4-⅝ cups	3-¾ cups
Dark Green		Chicken Broccoli Bowl = ½ cup	Tossed Side Salad = ½ cup			1 cup	½ cup
Red/Orange	Baby Carrots = ½ cup		Pepperoni & Cheese Pizza = ⅓ cup		Sweet Potato Puffs = ½ cup	1-⅛ cups	¾ cup
Beans/Legumes	Hummus = ¼ cup			Quirky Quesadilla = ¼ cup		½ cup	½ cup
Starchy				Mexicali Corn = ½ cup		½ cup	½ cup
Other	Green beans = ½ cup	California Blend = ½ cup	Tossed Side Salad = ¼ cup		Lettuce/Tomato = ¼ cup	1-½ cups	½ cup
Fruits	Fruit Salad = ½ cup	Applesauce = ½ cup	Pears in Cherry Jell-O = ½ cup	Fresh Orange Wedges = ½ cup (½ cup FRESH)	Peaches = ½ cup	2-½ cups (½ cup FRESH)	2 ½ cups
Grains	Mac & Cheese = 1 oz-eq	Chicken Broccoli Bowl = 2 oz-eq	Pepperoni & Cheese Pizza = 2 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Hamburger on a Bun = 2 oz-eq	8.5 oz-eq	8 – 9 oz-eq
Whole Grain-Rich		Chicken Broccoli Bowl = 1 oz-eq	Pepperoni & Cheese Pizza = 2 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Hamburger on a Bun = 2 oz-eq	6.5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Mac & Cheese = 2 oz-eq	Chicken Broccoli Bowl = 2 oz-eq	Pepperoni & Cheese Pizza = 2 oz-eq	Quirky Quesadilla = 2 oz-eq	Hamburger on a Bun = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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Menus that Move

Grades K – 8 • Fall • Week 3 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	629 kcal/d
Saturated Fat	<10% of total kcal	8.5%
Sodium	≤1230 mg/d	1176 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 3 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 5			
	Bronze	Silver	Gold	Gold of Distinction
Vegetables	✔ Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		✘ Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
Fruit	✔ 1 fruit per week must be served fresh.	✘ 2 fruits per week must be served fresh.	✘ 3 fruits per week must be served fresh.	✘ 4 fruits per week must be served fresh.
Grains	✔ Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.		✘ All grains offered must be whole grain-rich.	
	✔ At least three different types of whole grain-rich foods offered during the week.			✔ Only one whole grain-rich offering per week may be a grain-based dessert.

Meal Component	HUSSC Incentive Awards: Grades 6 – 8			
	Bronze	Silver	Gold	Gold of Distinction
Vegetables	✔ Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		✘ Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
Fruit	✔ 1 fruit per week must be served fresh.	✘ 2 fruits per week must be served fresh.	✘ 3 fruits per week must be served fresh.	✘ 4 fruits per week must be served fresh.
Grains	✘ Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.		✘ All grains offered must be whole grain-rich.	
	✔ At least three different types of whole grain-rich foods offered during the week.			✔ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 3 Summary of USDA Foods

Fruits

Applesauce, cup
Fruit salad, canned
Peaches, canned
Pears in Cherry Jell-O

Grains

Mac & Cheese, frozen, Reduced-Fat
Spaghetti, whole-grain
Tortillas, whole-grain, frozen

Meats

Beef, patties, frozen
Beef, taco filling, frozen, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Chicken, popcorn, frozen

Vegetables

Beans, green, frozen
Beans, refried, canned, low-sodium
Corn, canned

Grades K – 8 • Fall • Week 3 Summary of Recipes

Chicken Broccoli Bowl
Mexicali Corn, USDA
Quirky Quesadillas
Tossed Side Salad

Menus that Move

Grades K – 8 • Fall • Week 4 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
	BBQ Chicken Sandwich Pink Grapefruit Lemon Broccoli Potato Wedges 2 Pkts Ketchup Milk	Teriyaki Chicken with Brown Rice Fresh Apple Slices Veggies & Hummus* Whole-Grain Cookie Milk	Mini Meatball Sub with Marinara Sauce Fresh Banana Bean & Corn Salad Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Mandarin Oranges Whole-Grain Tortilla Chips with Salsa Milk	Turkey & Gravy Strawberry Cup Mashed Potatoes Green Beans Whole-Grain Roll 1 Pat Butter Milk		
MEAL COMPONENTS	Daily Totals					Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1 cup	1 cup	1 cup	1 cup	1 cup	4-¾ cups	3-¾ cups
Dark Green	Lemon Broccoli = ½ cup			Taco Salad = ½ cup		1 cup	½ cup
Red/Orange		Veggies & Hummus = ¼ cup	Mini Meatball Sub = ¼ cup Marinara Sauce = ¼ cup	Taco Salad = ⅛ cup Salsa = ¼ cup		1-⅛ cup	¾ cup
Beans/Legumes		Veggies & Hummus = ¼ cup	Bean & Corn Salad = ¼ cup			½ cup	½ cup
Starchy	Potato Wedges = ½ cup		Bean & Corn Salad = ⅛ cup	Taco Salad = ⅛ cup	Mashed Potatoes = ½ cup	1-¼ cups	½ cup
Other		Veggies & Hummus = ½ cup	Bean & Corn Salad = ⅛ cup		Green Beans = ½ cup	1-⅛ cups	½ cup
Fruits	Pink grapefruit = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH)	Fresh Banana = ½ cup (½ cup FRESH)	Mandarin Oranges = ½ cup	Strawberry Cup = ½ cup	2-½ cups	2 ½ cups
Grains	BBQ Chicken Sandwich = 2 oz-eq	Brown Rice = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Mini Meatball Sub = 2 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq	Whole-Grain Roll = 1 oz-eq	8.5 oz-eq	8 – 9 oz-eq
Whole Grain-Rich	BBQ Chicken Sandwich = 2 oz-eq	Brown Rice = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Mini Meatball Sub = 2 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq	Whole-Grain Roll = 1 oz-eq	8.5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	BBQ Chicken Sandwich = 2 oz-eq	Teriyaki Chicken = 2 oz-eq	Mini Meatball Sub = 1.5 oz-eq	Taco Salad = 2 oz-eq	Turkey & Gravy = 2 oz-eq	9.5 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

*Purchased hummus served with cherry tomatoes, peapods and celery

Menus that Move

Grades K – 8 • Fall • Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	634 kcal/d
Saturated Fat	<10% of total kcal	6.0%
Sodium	≤1230 mg/d	1134 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 4 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	Bronze	Silver	Gold	Gold of Distinction
Vegetables	 Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		 Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
Fruit	 1 fruit per week must be served fresh.	 2 fruits per week must be served fresh.	 3 fruits per week must be served fresh.	 4 fruits per week must be served fresh.
Grains	 Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.		 All grains offered must be whole grain-rich.	
	 At least three different types of whole grain-rich foods offered during the week.			 Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 4 Summary of USDA Foods

Fruits

Mandarin oranges, canned
Strawberries, frozen cups

Grains

Rice, brown

Meats

Beef, meatballs, frozen
Beef, taco filling, frozen, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Chicken, teriyaki, frozen

Vegetables

Beans, green, frozen
Beans, pinto, canned
Black-eyed peas, canned
Corn, frozen
Potatoes, mashed, instant, low-sodium
Potatoes, wedges, frozen
Salsa, canned, low-sodium
Tomatoes, marinara sauce, canned

Grades K – 8 • Fall • Week 4 Summary of Recipes

Bean & Corn Salad
Lemon Broccoli
Mini Meatball Sub
Taco Salad, (ES)

Menus that Move

Grades K – 8 • Fall • Week 5 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
MEAL COMPONENTS	Sock-Rockin' Chili Applesauce Fresh Cucumber & Tomato Dip Whole Grain Roll 1 Pat Butter Milk	Sweet & Sour Chicken Nuggets with Brown Rice Fresh Red Grapes Carrot Coins Corn Milk	Chicken Alfredo with a Twist Pears in Cherry Jell-O Garlic Broccoli Milk	Mexican Pizza Peach Cup Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Milk	Turkey & Ham Deli Sub with 1 Tbsp Low-Fat Mayo Fresh Banana Baby Carrots with Hummus Milk	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	Daily Totals						
Vegetables	1-½ cups	1 cup	¾ cup	¾ cup	1 cup	5 cups	3-¾ cups
Dark Green			Garlic Broccoli = ¾ cup	Tossed Side Salad = ½ cup		1-¼ cups	½ cup
Red/Orange	Sock-Rockin' Chili = ½ cup Fresh Cucumber & Tomato Dip = ¼ cup	Carrot Coins = ½ cup			Baby Carrots = ½ cup	1-¾ cups	¾ cup
Beans/Legumes	Sock-Rockin' Chili = ¼ cup				Hummus = ¼ cup	½ cup	½ cup
Starchy		Corn = ½ cup				½ cup	½ cup
Other	Sock-Rockin' Chili = ¼ cup Fresh Cucumber & Tomato Dip = ¼ cup			Tossed Side Salad = ¼ cup	Lettuce/Tomato = ¼ cup	1 cup	½ cup
Fruits	Applesauce = ½ cup	Fresh Red Grapes = ½ cup (½ cup FRESH)	Pears in Cherry Jell-O = ½ cup	Peaches = ½ cup	Fresh Banana = 1 cup (1 cup FRESH)	2-½ cups (1-½ cup FRESH)	2 ½ cups
Grains	Whole-Grain Roll = 1 oz-eq	Sweet & Sour Chicken Nuggets = 1 oz-eq Brown Rice = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq	Mexican Pizza = 2.25 oz-eq	Turkey & Ham Deli Sub = 2 oz-eq	8.25 oz-eq	8 – 9 oz-eq
Whole Grain-Rich	Whole-Grain Roll = 1 oz-eq	Brown Rice = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq		Turkey & Ham Deli Sub = 2 oz-eq	5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Sock-Rockin' Chili = 2 oz-eq	Sweet & Sour Chicken Nuggets = 2 oz-eq	Chicken Alfredo with a Twist = 2 oz-eq	Mexican Pizza = 2 oz-eq	Turkey & Ham Deli Sub = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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Menus that Move

Grades K – 8 • Fall • Week 5 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	640 kcal/d
Saturated Fat	<10% of total kcal	7.5%
Sodium	≤1230 mg/d	1031 mg/d
Trans Fat	0 g	0 g

Grades K – 8 • Fall • Week 5 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	Bronze	Silver	Gold	Gold of Distinction
Vegetables	 Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		 Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
Fruit	 1 fruit per week must be served fresh.	 2 fruits per week must be served fresh.	 3 fruits per week must be served fresh.	 4 fruits per week must be served fresh.
Grains	 Two-thirds of the minimum required grains offered over a week must be whole grain-rich. Minimum of 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.		 All grains offered must be whole grain-rich.	
	 At least three different types of whole grain-rich foods offered during the week.			 Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Fall • Week 5 Summary of USDA Foods

Fruits

Applesauce, canned
Peaches, frozen cups
Pears in Cherry Jell-O

Grains

Rice, brown
Rotini, whole grain

Meats

Beef, crumbles, frozen
Cheese, American, Reduced-Fat
Chicken, diced, frozen
Chicken, nuggets, frozen

Vegetables

Beans, black, canned, low-sodium
Tomatoes, sauce, canned, low-sodium
Beans, kidney, canned, low-sodium
Carrots, frozen
Tomatoes, diced, canned, low-sodium

Grades K – 8 • Fall • Week 5 Summary of Recipes

Chicken Alfredo with a Twist
Deli Sub, (ES)
Fresh Cucumber and Tomato Dip
Garlic Broccoli
Sock-Rockin' Chili
Sweet & Sour Chicken Nuggets
Tossed Side Salad