

# Menus that Move

## Spring Cycle Menu Grades K – 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun 2 Pkts Ketchup Coleslaw Peaches Milk*	Chicken Stir-Fry with Brown Rice Orange-Glazed Carrots Fresh Pear Milk	Cheese Pizza Green Beans Potato Wedges Spring Fruit Salad Milk	Walking Taco Marinated Black Bean Salad Applesauce Tortilla Scoops Milk	Mac & Cheese Lemon Broccoli Sweet Potato Puffs Apricots Milk
Week 2	Grilled Chicken Sandwich 1Tsp Low-Fat Mayo Potato Rounds 2 Pkts Ketchup Pineapple Chunks Milk	Hatton Chicken Crunch with Brown Rice Green Beans Pears Milk	Chicken Alfredo with a Twist Carrots Garlic Broccoli Applesauce Milk	Eagle Tostada Bean & Corn Salad Peaches in Tropical Gelatin Milk	Turkey with Gravy Mashed Potatoes Berry Delicious Salad Fresh Banana Breadstick Milk
Week 3	Grilled Cheese Sandwich Tomato Soup California Vegetable Blend Peaches Whole-Grain Chocolate Chip Cookie Milk	Sweet Sesame Chicken Stir-Fry with Asian Brown Rice Garlic Broccoli Apricot Cup Fortune Cookie Milk	Rotini & Meat Sauce Green Beans Blushing Pears Whole-Grain Roll 1 Pat Butter Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Cowboy Corn Salad Fresh Apple Tortilla Scoops Milk	Chicken Nuggets 1 oz BBQ Sauce Baked Beans Peas Strawberry Cup Milk
Week 4	Hamburger on a Bun 2 Pkts Ketchup Potato Salad, ¾ cup Pineapple Chunks Milk	Teriyaki Chicken with Asian Brown Rice Broccoli Watermelon Fruit Juice Fortune Cookie Milk	Cheese & Pepperoni Breadstick Spinach Strawberry Salad Orange-Glazed Carrots Milk	Santa Fe Wrap Refried Beans Pears Tortilla Scoops with Salsa Milk	Mini Corn Dogs 2 Pkts Ketchup Green Beans Sweet Potato Puffs Strawberry Cup Milk
Week 5	Turkey & Ham Deli Sub 1 Tbsp Low-Fat Mayo Fresh Cucumber & Tomato Dip Pears in Cherry Jell-O Whole-Grain Cookie Milk	Wokin' Orange Chicken with Brown Rice Green Peas Fresh Banana Milk	Mini Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Peaches with 2 Tbsp Whipped Topping Milk	Spicy Mexican Chicken Cowboy Corn Salad Fresh Apple Slices 1 oz Caramel Dip Tortilla Scoops Milk	Sweet & Sour Chicken Nuggets Potato Rounds 2 Pkts Ketchup Fruit Juice 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 • Spring • Week 1 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Hamburger on a Bun 2 Pkts Ketchup Coleslaw Peaches Milk	Chicken Stir-Fry with Brown Rice Orange-Glazed Carrots Fresh Pear Milk	Cheese Pizza Green Beans Potato Wedges Spring Fruit Salad Milk	Walking Taco Marinated Baked Bean Salad Applesauce Tortilla Scoops Milk	Mac & Cheese Lemon Broccoli Sweet Potato Puffs Apricots Milk		
<b>MEAL COMPONENTS</b>	<b>Daily Totals</b>					<b>Weekly Totals ACTUAL</b>	<b>Weekly Totals REQUIREMENT</b>
<b>Vegetables</b>	¾ cup	¾ cup	1-½ cups	¾ cup	1 cup	4-¾ cups	3-¾ cups
<b>Dark Green</b>		Chicken Stir-Fry = ½ cup			Lemon Broccoli = ½ cup	¾ cup	½ cup
<b>Red/Orange</b>		Orange-Glazed Carrots = ½ cup	Cheese Pizza = ½ cup	Walking Taco = ½ cup	Sweet Potato Puffs = ½ cup	1-¼ cups	¾ cup
<b>Beans/Legumes</b>				Marinated Black Bean Salad = ½ cup		½ cup	½ cup
<b>Starchy</b>			Potato Wedges = ½ cup			½ cup	½ cup
<b>Other</b>	Coleslaw = ½ cup Lettuce/Tomato = ¼ cup	Chicken Stir-Fry = ½ cup	Green Beans = ½ cup	Walking Taco = ½ cup		1-½ cups	½ cup
<b>Fruits</b>	Peaches = ½ cup	Fresh Pear = ½ cup (½ cup FRESH)	Spring Fruit Salad = ½ cup (½ cup FRESH)	Applesauce = ½ cup	Apricots = ½ cup	2-½ cups (1 cup FRESH)	2 ½ cups
<b>Grains</b>	Hamburger on a Bun = 2 oz-eq	Brown Rice = 1 oz-eq Chicken Stir-Fry = 1 oz-eq	Cheese Pizza = 2.25 oz-eq	Tortilla Scoops = 1 oz-eq	Mac & Cheese = 1 oz-eq	8.25 oz-eq	8 – 9 oz-eq
<b>Whole Grain-Rich</b>	Hamburger on a Bun = 2 oz-eq	Brown Rice = 1 oz-eq	Cheese Pizza = 2.25 oz-eq			5.25 oz-eq	½ grains are w/g, 4 oz-eq
<b>Meat /Meat Alt</b>	Hamburger on a Bun = 2 oz-eq	Chicken Stir-Fry = 2 oz-eq	Cheese Pizza = 2 oz-eq	Walking Taco = 2 oz-eq	Mac & Cheese = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
<b>Milk</b>	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 • Spring • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	643 kcal/d
Saturated Fat	<10% of total kcal	7.5%
Sodium	≤1230 mg/d	1124 mg/d
Trans Fat	0 g	0 g

## Grades K – 8 • Spring • Week 1 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	Bronze	Silver	Gold	Gold of Distinction
<b>Vegetables</b>	 Offer <b>one</b> additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		 Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
<b>Fruit</b>	 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.
<b>Grains</b>	 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 • Spring • Week 1 Summary of USDA Foods

### Fruits

Applesauce, canned, unsweetened  
 Apricots, canned  
 Peaches, frozen

### Grains

Rice, brown

### Meats

Beef, patties, frozen  
 Chicken, popcorn, frozen  
 Beef, taco filling, frozen  
 Macaroni & Cheese, frozen, reduced fat

### Vegetables

Beans, black, canned, low-sodium  
 Beans, green, frozen  
 Carrots, frozen  
 Potatoes, wedges, frozen

## Grades K – 8 • Spring • Week 1 Summary of Recipes

Chicken Stir-Fry, (ES)  
 Lemon Broccoli  
 Marinated Black Bean Salad, USDA  
 Orange-Glazed Carrots, USDA  
 Spring/Summer Fruit Salad  
 Walking Taco

# Menus that Move

## Grades K – 8 • Spring • Week 2 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
<b>MEAL COMPONENTS</b>	Grilled Chicken Sandwich 1 Tbsp Low-Fat Mayo Potato Rounds 2 Pkts Ketchup Pineapple Chunks Milk	Hatton Chicken Crunch with Brown Rice Green Beans Pears Milk	Chicken Alfredo with a Twist Carrots Garlic Broccoli Applesauce Milk	Eagle Tostada Bean & Corn Salad Peaches in Tropical Gelatin Milk	Turkey with Gravy Mashed Potatoes Berry Delicious Salad Fresh Banana Breadstick Milk		
	<b>Daily Totals</b>						
<b>Vegetables</b>	¾ cup	1-¼ cups	1 cup	1-¼ cups	1 cup	5-¼ cups	3-¾ cups
<b>Dark Green</b>		Hatton Chicken Crunch = ⅝ cup	Garlic Broccoli = ½ cup		Berry Delicious Salad = ½ cup	1-⅝ cups	½ cup
<b>Red/Orange</b>		Hatton Chicken Crunch = ⅛ cup	Carrots = ½ cup	Eagle Tostada = ¼ cup		⅞ cups	¾ cup
<b>Beans/Legumes</b>				Eagle Tostada = ¼ cup Bean & Corn Salad = ¼ cup		½ cup	½ cup
<b>Starchy</b>	Potato Rounds = ½ cup			Bean & Corn Salad = ⅛ cup	Mashed Potatoes = ½ cup	1-⅞ cups	½ cup
<b>Other</b>	Lettuce/Tomato = ¼ cup	Green Beans = ½ cup		Eagle Tostada = ¼ cup Bean & Corn Salad = ⅛ cup		1-⅞ cups	½ cup
<b>Fruits</b>	Pineapple Chunks = ½ cup	Pears = ½ cup	Applesauce = ½ cup	Peaches in Tropical Gelatin = ½ cup	Berry Delicious Salad = ¼ cup (¼ cup FRESH) Banana = 1 cup (1 cup FRESH)	3-¼ cups	2 ½ cups
<b>Grains</b>	Grilled Chicken Sandwich = 2 oz-eq	Hatton Chicken Crunch = 1 oz-eq Brown Rice = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq	Eagle Tostada = 1 oz-eq	Breadstick = 2 oz-eq	8 oz-eq	8 – 9 oz-eq
<b>Whole Grain-Rich</b>	Grilled Chicken Sandwich = 2 oz-eq	Brown Rice = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq	Eagle Tostada = 1 oz-eq		5 oz-eq	½ grains are w/g, 4 oz-eq
<b>Meat /Meat Alt</b>	Grilled Chicken Sandwich = 2 oz-eq	Hatton Chicken Crunch = 2 oz-eq	Chicken Alfredo with a Twist = 2 oz-eq	Eagle Tostada = 2 oz-eq	Turkey with Gravy = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
<b>Milk</b>	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 • Spring • Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	622 kcal/d
Saturated Fat	<10% of total kcal	6.7%
Sodium	≤1230 mg/d	1080 mg/d
Trans Fat	0 g	0 g

## Grades K – 8 • Spring • Week 2 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	Bronze	Silver	Gold	Gold of Distinction
<b>Vegetables</b>	 Offer <b>one</b> additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		 Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
<b>Fruit</b>	 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.
<b>Grains</b>	 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 • Spring • Week 2 Summary of USDA Foods

### Fruits

Applesauce, canned  
Peaches in Tropical Gelatin  
Pears, canned

### Grains

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

### Meats

Beef, taco filling, frozen, Reduced-Fat  
Cheese, cheddar, Reduced-Fat  
Chicken, breaded patty, frozen  
Chicken, diced, frozen  
Chicken, popcorn, frozen

### Vegetables

Beans, green, frozen  
Beans, pinto, canned, low-sodium  
Beans, refried, canned  
Black-eyed peas, canned  
Carrots, frozen  
Corn, frozen  
Potatoes, mashed, instant, low-sodium  
Potatoes, rounds, frozen

## Grades K – 8 • Spring • Week 2 Summary of Recipes

Bean & Corn Salad  
Berry Delicious Salad  
Chicken Alfredo with a Twist  
Eagle Tostada, (ES)  
Garlic Broccoli  
Hatton Chicken Crunch

# Menus that Move

## Grades K – 8 • Spring • Week 3 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
<b>MEAL COMPONENTS</b>	Grilled Cheese Sandwich Tomato Soup California Vegetable Blend Peaches Whole-Grain Chocolate Chip Cookie Milk	Sweet Sesame Chicken Stir-Fry with Asian Brown Rice Garlic Broccoli Apricot Cup Fortune Cookie Milk	Rotini & Meat Sauce Green Beans Blushing Pears Whole-Grain Roll 1 Pat Butter Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Cowboy Corn Salad Fresh Apple Tortilla Scoops Milk	Chicken Nuggets 1 oz BBQ Sauce Baked Beans Peas Strawberry Cup Milk		
	<b>Daily Totals</b>						
<b>Vegetables</b>	¾ cup	1 cup	1 cup	1-½ cups	1 cup	5-¼ cups	3-¾ cups
<b>Dark Green</b>		Garlic Broccoli = ½ cup		Taco Salad = ½ cup		1 cup	½ cup
<b>Red/Orange</b>	Tomato Soup = ¼ cup	Sweet Sesame Chicken Stir-Fry = ¾ cup	Rotini & Meat Sauce = ½ cup	Taco Salad = ⅛ cup		1-¼ cups	¾ cup
<b>Beans/Legumes</b>				Cowboy Corn Salad = ¼ cup	Baked Beans = ½ cup	¾ cup	½ cup
<b>Starchy</b>				Taco Salad = ⅛ cup	Peas = ½ cup	⅝ cup	½ cup
<b>Other</b>	California Vegetable Blend = ½ cup	Sweet Sesame Chicken Stir-Fry = ⅛ cup	Green Beans = ½ cup	Cowboy Corn Salad = ½ cup		1-⅝ cups	½ cup
<b>Fruits</b>	Peaches = ½ cup	Apricot Cup = ½ cup	Blushing Pears = ½ cup	Apple = ½ cup (½ cup FRESH)	Strawberry Cup = ½ cup	2-½ cups (½ cup FRESH)	2 ½ cups
<b>Grains</b>	Grilled Cheese Sandwich = 2 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	Asian Brown Rice = 1 oz-eq Fortune Cookie	Rotini & Meat Sauce = 1 oz-eq Whole-Grain Roll = 1 oz-eq	Tortilla Scoops = 1 oz-eq	Chicken Nuggets = 1 oz-eq	8 oz-eq	8 – 9 oz-eq
<b>Whole Grain-Rich</b>	Grilled Cheese Sandwich = 2 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	Asian Brown Rice = 1 oz-eq	Rotini & Meat Sauce = 1 oz-eq Whole-Grain Roll = 1 oz-eq			6 oz-eq	½ grains are w/g, 4 oz-eq
<b>Meat /Meat Alt</b>	Grilled Cheese Sandwich = 1.5 oz-eq	Sweet Sesame Chicken Stir-Fry = 2 oz-eq	Rotini & Meat Sauce = 2 oz-eq	Taco Salad = 2 oz-eq	Chicken Nuggets = 2 oz-eq	9.5 oz-eq	9 – 10 oz-eq
<b>Milk</b>	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 • Spring • Week 3 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	6.2%
Sodium	≤1230 mg/d	995 mg/d
Trans Fat	0 g	0 g

## Grades K – 8 • Spring • Week 3 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 5			
	Bronze	Silver	Gold	Gold of Distinction
Vegetables	✓ Offer <b>one</b> additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		✗ Offer <b>two</b> 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 <b>one</b> additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		✗ Offer <b>two</b> 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 • Spring • Week 3 Summary of USDA Foods

### Fruits

Apricots, frozen cups  
Peaches, canned  
Strawberries, frozen cups

### Grains

Rice, brown  
Rotini, whole-grain

### Meats

Beef, meat sauce, frozen, Reduced-Fat  
Beef, taco filling, frozen  
Cheese, American, Reduced-Fat  
Cheese, cheddar, Reduced-Fat  
Chicken, diced, frozen  
Chicken, nuggets, frozen

### Vegetables

Beans, baked, canned  
Beans, black, canned, low-sodium  
Beans, green, frozen  
Carrots, frozen  
Corn, frozen  
Peas, canned  
Salsa, canned, low-sodium  
Tomatoes, sauce, canned, low-sodium

## Grades K – 8 • Spring • Week 3 Summary of Recipes

Asian Brown Rice  
Cowboy Corn Salad  
Garlic Broccoli  
Rotini & Meat Sauce, (ES)  
Sweet Sesame Chicken Stir-Fry, (ES)  
Taco Salad, (ES)

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# Menus that Move

## Grades K – 8 • Spring • Week 4 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>MEAL COMPONENTS</b>	Hamburger on a Bun 2 Pkts Ketchup Peas Potato Salad, ¾ cup Pineapple Chunks Milk	Teriyaki Chicken with Asian Brown Rice Broccoli Watermelon Chunks Fruit Juice Fortune Cookie Milk	Cheese & Pepperoni Breadstick Spinach Strawberry Salad Orange-Glazed Carrots Milk	Santa Fe Wrap Refried Beans Pears Tortilla Scoops with Salsa Milk	Mini Corn Dogs (4 each) 2 Pkts Ketchup Green Beans Sweet Potato Puffs Strawberry Cup Milk	<b>Weekly Totals ACTUAL</b>	<b>Weekly Totals REQUIREMENT</b>
	<b>Daily Totals</b>						
<b>Vegetables</b>	1 cup	¾ cup	⅔ cup	1 cup	1 cup	4-¾ cups	3-¾ cups
<b>Dark Green</b>		Broccoli = ¾ cup	Spinach Strawberry Salad = ½ cup			1-¼ cups	½ cup
<b>Red/Orange</b>			Orange-Glazed Carrots = ½ cup	Salsa = ¼ cup	Sweet Potato Puffs = ½ cup	1-¼ cups	¾ cup
<b>Beans/Legumes</b>				Refried Beans = ½ cup		½ cup	½ cup
<b>Starchy</b>	Peas = ¾ cup Potato salad = ¾ cup					¾ cup	½ cup
<b>Other</b>	Lettuce/Tomato = ¼ cup			Santa Fe Wrap = ¼ cup	Green Beans = ½ cup	1 cup	½ cup
<b>Fruits</b>	Pineapple = ½ cup	Watermelon = ½ cup (½ cup FRESH) Fruit Juice = ½ cup	Spinach Strawberry Salad = ½ cup (¼ cup FRESH)	Pears = ½ cup	Strawberry Cup = ½ cup	3 cups (¼ cup FRESH)	2 ½ cups
<b>Grains</b>	Hamburger on a Bun = 2 oz-eq	Asian Brown Rice = 1 oz-eq	Cheese & Pepperoni Breadstick = 2 oz-eq	Santa Fe Wrap = 0.75 oz-eq Tortilla Scoops = 1 oz-eq	Mini Corn Dogs = 2 oz-eq	8.75 oz-eq	8 – 9 oz-eq
<b>Whole Grain-Rich</b>	Hamburger on a Bun = 2 oz-eq	Asian Brown Rice = 1 oz-eq	Cheese & Pepperoni Breadstick = 2 oz-eq	Santa Fe Wrap = 0.75 oz-eq		5.75 oz-eq	½ grains are w/g, 4 oz-eq
<b>Meat /Meat Alt</b>	Hamburger on a Bun = 2 oz-eq	Teriyaki Chicken = 2 oz-eq	Cheese & Pepperoni Breadstick = 2 oz-eq	Santa Fe Wrap = 2 oz-eq	Mini Corn Dogs = 2 oz-eq	10 oz-eq	9 – 10 oz-eq
<b>Milk</b>	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 • Spring • Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600 – 650 kcal/d	623 kcal/d
Saturated Fat	<10% of total kcal	5.8%
Sodium	≤1230 mg/d	1063 mg/d
Trans Fat	0 g	0 g

## Grades K – 8 • Spring • Week 4 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	Bronze	Silver	Gold	Gold of Distinction
<b>Vegetables</b>	 Offer <b>one</b> additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		 Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
<b>Fruit</b>	 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.
<b>Grains</b>	 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 • Spring • Week 4 Summary of USDA Foods

### Fruits

Peaches, canned  
Pears, canned  
Strawberries, frozen cups

### Grains

Rice, brown  
Tortillas, corn, frozen

### Meats

Beef, patties, frozen  
Cheese, cheddar, Reduced-Fat  
Chicken, diced, frozen  
Chicken, teriyaki, frozen

### Vegetables

Beans, green, frozen  
Beans, refried, canned  
Carrots, sliced, frozen  
Corn, frozen  
Peas, frozen  
Potatoes, rounds, frozen  
Salsa, canned, low-sodium

## Grades K – 8 • Spring • Week 4 Summary of Recipes

Asian Brown Rice  
Spinach Strawberry Salad  
Orange-Glazed Carrots, USDA  
Potato Salad, USDA  
Santa Fe Wrap, (ES)

# Menus that Move

## Grades K – 8 • Spring • Week 5 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>MEAL COMPONENTS</b>	Turkey & Ham Deli Sub 1 Tbsp Low-Fat Mayo Fresh Cucumber & Tomato Dip Pears in Cherry Jell-O Whole-Grain Cookie Milk	Wokin' Orange Chicken with Brown Rice Green Peas Fresh Banana Milk	Mini Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Peaches with 2 Tbsp Whipped Topping Milk	Spicy Mexican Chicken Cowboy Corn Salad Fresh Apple Slices 1 oz Caramel Dip Tortilla Scoops Milk	Sweet & Sour Chicken Nuggets Potato Rounds 2 Pkts Ketchup Fruit Juice Milk	<b>Weekly Totals ACTUAL</b>	<b>Weekly Totals REQUIREMENT</b>
<b>Daily Totals</b>							
<b>Vegetables</b>	1-¼ cups	1 cup	1 cup	1 cup	¾ cup	5 cups	3-¾ cups
<b>Dark Green</b>		Wokin' Orange Chicken = ½ cup	Tossed Side Salad = ½ cup			⅝ cup	½ cup
<b>Red/Orange</b>	Fresh Cucumber & Tomato Dip = ½ cup	Wokin' Orange Chicken = ¼ cup				¾ cup	¾ cup
<b>Beans/Legumes</b>				Spicy Mexican Chicken = ¼ cup Cowboy Corn Salad = ¼ cup		½ cup	½ cup
<b>Starchy</b>		Green Peas = ½ cup			Potato Rounds = ¾ cup	1-¼ cup	½ cup
<b>Other</b>	Fresh Cucumber & Tomato Dip = ½ cup Lettuce/Tomato = ¼ cup	Wokin' Orange Chicken = ⅝ cup	Tossed Side Salad = ¼ cup	Cowboy Corn Salad = ½ cup		1-⅝ cups	½ cup
<b>Fruits</b>	Pears in Cherry Jell-O = ½ cup	Banana = ½ cup (½ cup FRESH)	Peaches = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH)	Fruit Juice = ½ cup	2-½ cups (1 cup FRESH)	2 ½ cups
<b>Grains</b>	Turkey & Ham Deli Sub = 2 oz-eq Whole-Grain Cookie = 1 oz-eq	Brown Rice = 1 oz-eq Wokin' Orange Chicken = 1 oz-eq	Mini Meatball Sub = 2 oz-eq	Tortilla Scoops = 1 oz-eq	Sweet & Sour Chicken Nuggets = 1 oz-eq	9 oz-eq	8 – 9 oz-eq
<b>Whole Grain-Rich</b>	Turkey & Ham Deli Sub = 2 oz-eq Whole-Grain Cookie = 1 oz-eq	Brown Rice = 1 oz-eq	Mini Meatball Sub = 2 oz-eq			6 oz-eq	½ grains are w/g, 4 oz-eq
<b>Meat /Meat Alt</b>	Turkey & Ham Deli Sub = 2 oz-eq	Wokin' Orange Chicken = 2 oz-eq	Mini Meatball Sub = 1.5 oz-eq	Spicy Mexican Chicken = 2 oz-eq	Sweet & Sour Chicken Nuggets = 2 oz-eq	9.5 oz-eq	9 – 10 oz-eq
<b>Milk</b>	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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**Ohio Department of Education**

# Menus that Move

## Grades K – 8 • Spring • Week 5 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	5.5%
Sodium	≤1230 mg/d	1183 mg/d
Trans Fat	0 g	0 g

## Grades K – 8 • Spring • Week 5 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 5			
	Bronze	Silver	Gold	Gold of Distinction
<b>Vegetables</b>	Offer <b>one</b> additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
<b>Fruit</b>	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.
<b>Grains</b>	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. offered weekly must be whole grain-rich.		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
<b>Vegetables</b>	Offer <b>one</b> additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).	
<b>Fruit</b>	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.
<b>Grains</b>	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. offered weekly must be whole grain-rich.		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 • Spring • Week 5 Summary of USDA Foods

### Fruits

Peaches, frozen  
Pears in Cherry Jell-O

### Grains

Rice, brown

### Meats

Beef, meatballs, frozen  
Cheese, American, Reduced-Fat  
Cheese, cheddar, Reduced-Fat  
Cheese, mozzarella, Reduced-Fat  
Chicken, diced, frozen  
Chicken, nuggets, frozen  
Chicken, popcorn, frozen

### Vegetables

Beans, black, canned, low-sodium  
Beans, green, frozen  
Carrots, frozen  
Corn, frozen  
Peas, frozen  
Potatoes, rounds, frozen  
Tomatoes, marinara sauce, canned

## Grades K – 8 • Spring • Week 5 Summary of Recipes

Cowboy Corn Salad  
Fresh Cucumber & Tomato Dip  
Deli Sub, (ES)  
Mini Meatball Sub  
Spicy Chicken Mexican  
Tossed Side Salad  
Sweet & Sour Chicken Nuggets  
Wokin' Orange Chicken