

# Menus that Move

Summer Cycle Menu Grades K – 8					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun 2 Pkts Ketchup Coleslaw Strawberry Cup Milk	Chicken Stir-Fry with Brown Rice Orange-Glazed Carrots Fruit Juice Milk	Pepperoni Pizza Potato Rounds Green Beans Summer Fruit Salad Milk	Walking Taco with Tortilla Scoops Refried Beans Peaches Milk	Mac & Cheese Lemon Broccoli Sweet Potato Puffs Apricots Milk
Week 2	Grilled Chicken Sandwich Potato Rounds 2 Pkts Ketchup Mandarin Oranges Milk	Hatton Chicken Crunch with Brown Rice Garlic Broccoli Apricots Milk	Chicken Alfredo with a Twist Carrots Fresh Banana Whole-Grain Roll Milk	Eagle Tostada Bean & Corn Salad Peaches Milk	Turkey with Gravy Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Mashed Potatoes Fresh Pear Whole-Grain Roll 1 Pat Butter Milk
Week 3	Grilled Cheese Sandwich Sweet Potato Fries Fresh Apple Slices Milk	Sweet Sesame Chicken Stir-Fry with Asian Brown Rice Garlic Broccoli Peaches Rice Krispie Treat 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 Banana Tortilla Scoops Milk	Chicken Nuggets 1 oz BBQ Sauce Baked Beans Green Peas Apricot Cup Milk
Week 4	Hamburger on a Bun 2 Pkts Ketchup Green Peas Pineapple Chunks Milk	Teriyaki Chicken with Asian Brown Rice Broccoli Fresh Watermelon Chunks Sidekick Milk	Cheese & Pepperoni Breadsticks Spinach Strawberry Salad Orange-Glazed Carrots Milk	Santa Fe Wrap Refried Beans Pineapple 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 Pineapple Tidbits Whole-Grain Cookie Milk	Wokin' Orange Chicken with Brown Rice Green Beans Fresh Banana Milk	Mini Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch dressing Strawberry Cup Milk	Spicy Mexican Chicken Cowboy Corn Salad Fresh Apple Slices 1 oz Caramel Dip Tortilla Scoops Milk	Sweet & Sour Chicken Nuggets Broccoli Salad Potato Rounds 2 Pkts Ketchup Peaches in Gelatin Milk

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

## Grades K – 8 • Summer • Week 1 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
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Schools must provide food labels to verify that all foods (or foods and ingredients) used in menus and recipes are trans fat free. This institution is an equal opportunity provider

# Menus that Move

MEAL COMPONENTS	Hamburger on a Bun 2 Pkts Ketchup Coleslaw Strawberry Cup Milk	Chicken Stir-Fry with Brown Rice Orange-Glazed Carrots Fruit Juice Milk	Pepperoni Pizza Potato Rounds Green Beans Summer Fruit Salad Milk	Walking Taco with Tortilla Scoops Refried Beans Peaches Milk	Mac & Cheese Lemon Broccoli Sweet Potato Puffs Apricots Milk	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
<b>Vegetables</b>	¾ cup	¾ cup	1 cup	¾ cup	1 cup	4-¼ cups	3-¾ cups
<b>Dark Green</b>		Chicken Stir-Fry = 1/8 cup			Lemon Broccoli = ½ cup	5/8 cup	½ cup
<b>Red/Orange</b>		Glazed Carrots = ½ cup		Walking Taco = 1/8 cup	Sweet Potato Puffs = ½ cup	1-1/8 cups	¾ cup
<b>Beans/Legumes</b>				Refried Beans = ½ cup		½ cup	½ cup
<b>Starchy</b>			Potato Rounds = ½ cup			½ cup	½ cup
<b>Other</b>	Coleslaw = ½ cup Lettuce/Tomato = ¼ cup	Chicken Stir-Fry = 1/8 cup	Green Beans = ½ cup	Walking Taco = 1/8 cup		1-½ cups	½ cup
<b>Fruits</b>	Strawberry Cup = ½ cup	Fruit Juice = ½ cup	Summer Fruit Salad = ½ cup (½ cup FRESH)	Peaches = ½ cup	Apricots = ½ cup	2 ½ cups (½ cup FRESH)	2 ½ cups
<b>Grains</b>	Hamburger on a Bun = 2 oz-eq	Chicken Stir-Fry = 1 oz-eq Brown Rice = 1 oz-eq	Pepperoni 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	Pepperoni 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	Pepperoni 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

# Menus that Move

## Grades K – 8 • Summer • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650kcal/d	636 kcal/d
Saturated Fat	<10% of total kcal	7.5%
Sodium	≤1230mg/d	1193 mg/d
Trans Fat	0g	0g

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

Meal Component	HUSSC Incentive Awards: Grades K – 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	🍎 <b>1</b> fruit per week must be served fresh.	🍎🍎 <b>2</b> fruits per week must be served fresh.	🍎🍎🍎 <b>3</b> fruits per week must be served fresh.	🍎🍎🍎🍎 <b>4</b> 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.	
	the week.			🍞 Only one whole grain-rich offering per week may be a grain-based dessert.

## Grades K – 8 • Summer • Week 1 Summary of USDA Foods

### Fruits

Apricots, canned  
Peaches, canned  
Strawberries, frozen cups

### Grains

Rice, brown

### Meats

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

### Vegetables

Beans, green, frozen  
Beans, refried, canned  
Carrots, frozen  
Potatoes, rounds, frozen

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

Chicken Stir-Fry, (ES)  
Lemon Broccoli  
Summer Fruit Salad  
Walking Taco

# Menus that Move

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

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>MEAL COMPONENTS</b>	Grilled Chicken Sandwich Potato Rounds 2 Pkts Ketchup Mandarin Oranges Milk	Hatton Chicken Crunch with Brown Rice Garlic Broccoli Apricots Milk	Chicken Alfredo with a Twist Carrots Fresh Banana Whole-Grain Roll	Eagle Tostada Bean & Corn Salad Peaches Milk	Turkey with Gravy Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Mashed Potatoes Fresh Pear Whole-Grain Roll 1 Pat Butter Milk		
						<b>Weekly Totals ACTUAL</b>	<b>Weekly Totals REQUIREMENT</b>
<b>Vegetables</b>	¾ cup	1-¼ cups	¾ cup	1-¼ cups	1-¼ cups	5-½ cups	3-¾ cups
<b>Dark Green</b>		Garlic Broccoli = ½ cup Hatton Chicken Crunch = 5/8 cup			Tossed Side Salad = ½ cup	1-5/8 cups	½ cup
<b>Red/Orange</b>		Hatton Chicken Crunch = 1/8 cup	Carrots = ¾ cup	Eagle Tostada = ¼ cup		1 1/8 cup	¾ cup
<b>Beans/Legumes</b>				Eagle Tostada = ¼ cup Bean & Corn Salad = ¼ cup		½ cup	½ cup
<b>Starchy</b>	Tater Tots = ½ cup			Bean & Corn Salad = 1/8 cup	Mashed Potatoes = ½ cup	1-1/8 cups	½ cup
<b>Other</b>	Lettuce/Tomato = ¼ cup			Eagle Tostada = ¼ cup Bean & Corn Salad = 1/8 cup	Tossed Side Salad = ¼ cup	7/8 cup	½ cup
<b>Fruits</b>	Mandarin Oranges = ½ cup	Apricots = ½ cup	Fresh Banana = ½ cup (½ cup FRESH)	Peaches = ½ cup	Fresh Pear = ½ cup (½ cup FRESH)	2-½ cups (1 cup FRESH)	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 Whole-Grain Roll = 1 oz-eq	Eagle Tostada = 1 oz-eq	Whole-Grain Roll = 1 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 Whole-Grain Roll = 1 oz-eq	Eagle Tostada = 1 oz-eq	Whole-Grain Roll = 1 oz-eq	7 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

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

# Menus that Move

## Grades K – 8 • Summer • Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650kcal/d	629 kcal/d
Saturated Fat	<10% of total kcal	7.3%
Sodium	≤1230 mg/d	1097 mg/d
Trans Fat	0g	0g

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

Meal Component	HUSSC Incentive Awards: Grades K – 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	■ <b>1</b> fruit per week must be served fresh.	■ <b>2</b> fruits per week must be served fresh.	■ <b>3</b> fruits per week must be served fresh.	■ <b>4</b> 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.		■ <b>All</b> grains offered must be whole grain-rich.	
	the week.			■ <b>Offering</b> Only one grain-rich per week may be a

## Grades K – 8 • Summer • Week 2 Summary of USDA Foods

### Fruits

Apricots, canned  
Peaches, frozen cups

### Grains

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

### Meats

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

### Vegetables

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

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

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

# Menus that Move

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

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>MEAL COMPONENTS</b>	Grilled Cheese Sandwich Sweet Potato Fries Fresh Apple Slices Milk	Sweet Sesame Chicken Stir-Fry with Asian Brown Rice Garlic Broccoli Peaches Rice Krispie Treat 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 Banana Tortilla Scoops Milk	Chicken Nuggets 1 oz BBQ Sauce Baked Beans Green Peas Apricot Cup Milk		
						<b>Weekly Totals ACTUAL</b>	<b>Weekly Totals REQUIREMENT</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>	Sweet Potato Fries = ¾ cup	Sweet Sesame Chicken Stir-Fry = ¾ cup	Rotini & Meat Sauce = ½ cup	Taco Salad = ⅛ cup		1-¾ 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	Green Peas = ½ cup	⅝ cup	½ cup
<b>Other</b>		Sweet Sesame Chicken Stir-Fry = ⅛ cup	Green Beans = ½ cup	Cowboy Corn Salad = ½ cup		1-⅛ cups	½ cup
<b>Fruits</b>	Fresh Apple Slices = ½ cup (½ cup FRESH)	Peaches = ½ cup	Blushing Pears = ½ cup	Fresh Banana = 1 cup (1 cup FRESH)	Apricot Cup = ½ cup	3 cups (1-½ cups FRESH)	2 ½ cups
<b>Grains</b>	Grilled Cheese Sandwich = 2 oz-eq	Asian Brown Rice = 1 oz-eq Rice Krispie Treat = 1 oz-eq	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	Asian Brown Rice = 1 oz-eq	Rotini & Meat Sauce = 1 oz-eq Whole-Grain Roll = 1 oz-eq			5 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 • Summer • Week 3 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650kcal/d	629 kcal/d
Saturated Fat	<10% of total kcal	6.3%
Sodium	≤1230mg/d	956mg/d
Trans Fat	0g	0g

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

Meal Component	HUSSC Incentive Awards: Grades K – 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	■ <b>1</b> fruit per week must be served fresh.	■ <b>2</b> fruits per week must be served fresh.	■ <b>3</b> fruits per week must be served fresh.	■ <b>4</b> 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.	
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

## Grades K – 8 • Summer • Week 3 Summary of USDA Foods

### Fruits

Apricots, cup  
Peaches, canned  
Pears, canned

### Grains

Rice, brown  
Rotini, whole-grain

### Meats

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

### Vegetables

Beans, black, canned, low-sodium  
Beans, green, frozen  
Beans, vegetarian, canned, low-sodium  
Carrots, frozen  
Corn, frozen  
Peas, canned  
Sweet potatoes, fries, frozen  
Tomatoes, sauce, canned, low-sodium

## Grades K – 8 • Summer • 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)

# Menus that Move

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

	Monday	Tuesday	Wednesday	Thursday	Friday			
<b>MEAL COMPONENTS</b>	Hamburger on a Bun 2 Pkts Ketchup Green Peas Pineapple Chunks Milk	Teriyaki Chicken with Asian Brown Rice Broccoli Watermelon Chunks Sidekick Milk	Cheese & Pepperoni Breadstick Spinach Strawberry Salad Orange-Glazed Carrots Milk	Santa Fe Wrap Refried Beans Pineapple 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>Vegetables</b>	1 cup	¾ cup	⅔ cup	1 cup	1 cup	4-7/8 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 Pizza = 1/8 cup	Salsa = ¼ cup	Sweet Potato Puffs = ½ cup	1-3/8 cups	¾ cup	
<b>Beans/Legumes</b>				Refried Beans = ½ cup		½ cup	½ cup	
<b>Starchy</b>	Peas = 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 Chunks = ½ cup	Watermelon Chunks = ½ cup (½ cup FRESH) Sidekick = ½ cup	Strawberry Spinach Salad = ½ cup (¼ cup FRESH)	Pineapple = ½ cup	Strawberry Cup = ½ cup	3 cups (¾ 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	



# Menus that Move

## Grades K – 8 • Summer • Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650kcal/d	628 kcal/d
Saturated Fat	<10% of total kcal	5.8%
Sodium	≤1230 mg/d	1022 mg/d
Trans Fat	0g	0g

## Grades K – 8 • Summer • 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.	
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

## Grades K – 8 • Summer • Week 4 Summary of USDA Foods

### Fruits

Pears, canned  
Strawberries, frozen cups

### Grains

Rice, brown  
Tortillas, whole-grain, frozen

### Meats

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

### Vegetables

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

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

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

# Menus that Move

## Grades K – 8 • Summer • 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 Pineapple Tidbits Whole-Grain Cookie Milk	Wokin' Orange Chicken with Brown Rice Green Beans Fresh Banana Milk	Mini Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Strawberry Cup Milk	Spicy Mexican Chicken Cowboy Corn Salad Fresh Apple Slices 1 oz Caramel Dip Tortilla Scoops Milk	Sweet & Sour Chicken Nuggets Broccoli Salad Potato Rounds 2 Pkts Ketchup Peaches in Gelatin Milk		
						<b>Weekly Totals ACTUAL</b>	<b>Weekly Totals REQUIREMENT</b>
<b>Vegetables</b>	¾ cup	1 cup	1 cup	1 cup	1 cup	4-¾ cups	3-¾ cups
<b>Dark Green</b>		Wokin' Orange Chicken = ⅛ cup	Tossed Side Salad = ½ cup		Broccoli Salad = ½ cup	1-⅛ cups	½ cup
<b>Red/Orange</b>	Fresh Cucumber & Tomato Dip = ¼ cup	Wokin' Orange Chicken = ¼ cup	Mini Meatball Sub = 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>					Potato Rounds = ½ cup	½ cup	½ cup
<b>Other</b>	Fresh Cucumber & Tomato Dip = ¼ cup Lettuce/Tomato = ¼ cup	Wokin' Orange Chicken = ⅛ cup Green Beans = ½ cup	Tossed Side Salad = ¼ cup	Cowboy Corn Salad = ½ cup		1-⅞ cups	½ cup
<b>Fruits</b>	Pineapple Tidbits = ½ cup	Fresh Banana = ½ cup (½ cup FRESH)	Strawberry Cup = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH)	Peaches in Gelatin = 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	Wokin' Orange Chicken = 1 oz-eq Brown Rice = 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

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

# Menus that Move

## Grades K – 8 • Summer • Week 5 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650 kcal/d	636 kcal/d
Saturated Fat	<10% of total kcal	5.1%
Sodium	≤1230 mg/d	1136 mg/d
Trans Fat	0g	0g

## Grades K – 8 • Summer • Week 5 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	🟢 <b>1</b> fruit per week must be served fresh.	🟢 <b>2</b> fruits per week must be served fresh.	🟡 <b>3</b> fruits per week must be served fresh.	🟡 <b>4</b> 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.	
	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	🟢 <b>1</b> fruit per week must be served fresh.	🟢 <b>2</b> fruits per week must be served fresh.	🟡 <b>3</b> fruits per week must be served fresh.	🟡 <b>4</b> 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.	
	week.			🟢 Only one grain-rich offering per week may be a

## Grades K – 8 • Summer • Week 5 Summary of USDA Foods

### Fruits

Peaches, frozen

### Grains

Rice, brown

### Meats

Beef, meatballs, frozen

Cheese, cheddar, Reduced-Fat

Chicken, diced, frozen

Chicken, nuggets, frozen

Chicken, popcorn, frozen

### Vegetables

Beans, black, canned, low-sodium

Carrots, frozen

Potatoes, rounds, frozen

Tomatoes, sauce, canned

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

Broccoli Salad

Cowboy Corn Salad

Deli Sub, (ES)

Fresh Cucumber & Tomato Dip

Mini Meatball Sub

Spicy Chicken Mexican

Tossed Side Salad

Wokin' Orange Chicken