

Menus that Move

Fall Cycle Menu • Grades 9 – 12

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun Broccoli Salad Seasoned Waffle Fries 2 Pkts Ketchup Mandarin Oranges Pears Milk*	Sweet Sesame Chicken Stir-Fry with Brown Rice California Blend Pineapple Chunks Applesauce Cup Whole-Grain Chocolate Chip Cookie Milk	Pepperoni Pizza Fresh Pear Peach Cup Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Green Peas Milk	Beef & Refried Bean Burrito with Salsa Cowboy Corn Salad Fresh Apple Slices Apricots Tortilla Scoops Milk	Spicy Chicken Strips 1 Tbsp Reduced-Fat Ranch Dressing Sweet Potato Fries Bean & Corn Salad Fresh Banana Fruit Cocktail Whole-Grain Roll 1 Pat Butter Milk
Week 2	BBQ Chicken Sandwich Fresh Cucumber & Tomato Dip Baked Beans Pears Pineapple Milk	Hawaiian Chicken Wrap Broccoli Salad Apricots Peach Cup Whole-Grain Chocolate Chip Cookie Milk	Rotini & Meat Sauce Green Beans Fresh Apple Slices Fresh Banana Whole-Grain Dinner Roll 1 Pat Butter Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Fresh Grapes Pears in Cherry Jell-O Tortilla Scoops with Salsa Milk	Deli Sub 1 Tbsp Low-Fat Mayo Orange-Glazed Carrots Potato Rounds 2 Pkts Ketchup Strawberry Cup Peaches Milk
Week 3	Spicy Chicken Sandwich 1 Tbsp Low-Fat Mayo Cowboy Corn Salad Mandarin Oranges Apricot Cup Milk	Hatton Chicken Crunch with Asian Brown Rice Green Peas Pineapple Chunks Fresh Banana Milk	Pizza California Casserole Fresh Veggies & Dip Peaches Pears in Cherry Jell-O Milk	Eagle Tostada Sweet Potato Fries Fresh Tangerine Applesauce Whole-Grain Cookie Milk	Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Pears Strawberry Cup Milk
Week 4	Santa Fe Wrap Carrots & Hummus Pink Grapefruit Sections Pineapple Multigrain Chips Milk	Teriyaki Chicken with Asian Brown Rice Fresh Cucumber & Tomato Dip Fruit Salad Peach Cup Pretzels Milk	Veggie Lasagna Fresh Pear Strawberry Cup Breadstick with Marinara Sauce Milk	Spicy Nachos with Salsa Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Fresh Apple Slices Fresh Banana Brown Rice Milk	Turkey & Gravy Mashed Potatoes Broccoli Fruit Juice Apricot Cup Whole-Wheat Roll 1 Pat Butter Whole-Grain Cookie Milk
Week 5	Pizza Wrap Carrots 2 Tbsp Reduced-Fat Ranch Dressing California Blend Pears Applesauce Whole-Grain Cookie Milk	Wokin' Orange Chicken with Brown Rice Green Beans Mandarin Oranges Pineapple Milk	Chicken Alfredo with a Twist Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Garlic Broccoli Fresh Banana Mixed Fruit Whole-Grain Roll 1 Pat Butter Milk	Quirky Quesadilla Golden Corn Peaches Fresh Grapes Tortilla Scoops with Salsa Milk	Grilled Chicken on a Bun 1 Tbsp Low-Fat Mayo Fresh Cucumber & Tomato Dip Baked Beans Fresh Pear Strawberry Cup Milk

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

Menus that Move

Grades 9 – 12 • Fall • Week 1 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday			
MEAL COMPONENTS	Hamburger on a Bun Broccoli Salad Seasoned Waffle Fries 2 Pkts Ketchup Mandarin Oranges Pears Milk	Sweet Sesame Chicken Stir-Fry with Brown Rice California Blend Pineapple Chunks Applesauce Cup Whole-Grain Chocolate Chip Cookie Milk	Pepperoni Pizza Fresh Pear Peach Cup Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Green Peas Milk	Beef & Refried Bean Burrito with Salsa Cowboy Corn Salad Fresh Apple Slices Apricots Tortilla Scoops Milk	Spicy Chicken Strips 2 Tbsp Reduced-Fat Ranch Dressing Sweet Potato Fries Bean & Corn Salad Fresh Banana Fruit Cocktail Whole-Grain Roll 1 Pat Butter Milk		Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1-¼ cups	1-½ cups	1-¾ cups	1-¾ cups	1 cup	6-½ cups	5 cups	
Dark Green	Broccoli Salad = ½ cup	Sweet Sesame Chicken Stir-Fry = ½ cup	Tossed Side Salad = ½ cup			1-½ cups	½ cup	
Red/Orange		Sweet Sesame Chicken Stir-Fry = ¼ cup	Pepperoni Pizza ⅛ cup	Salsa = ½ cup	Sweet Potato Fries = ½ cup	1-¾ cup	1-¼ cups	
Beans/Legumes				Beef & Refried Bean Burrito = ⅛ cup Cowboy Corn Salad = ¼ cup	Bean & Corn Salad = ¼ cup	⅝ cup	½ cup	
Starchy	Seasoned Waffle Fries = ½ cup		Green Peas = ½ cup		Bean & Corn Salad = ⅛ cup	1-⅛ cup	½ cup	
Other	Lettuce/Tomato = ¼ cup	Sweet Sesame Chicken Stir-Fry = ¼ cup California Blend = ½ cup	Tossed Side Salad = ¼ cup	Cowboy Corn Salad = ½ cup	Bean & Corn Salad = ⅛ cup	1-⅞ cups	¾ cup	
Fruits	Mandarin Oranges = ½ cup Pears = ½ cup	Pineapple Chunks = ½ cup Applesauce Cup = ½ cup	Fresh Pear = ½ cup (½ cup FRESH) Peach Cup = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH) Apricots = ½ cup	Fruit Cocktail = ½ cup Fresh Banana = ½ cup (½ cup FRESH)	5 cups (1-½ cups FRESH)	5 cups	
Grains	Hamburger on a Bun = 2 oz-eq	Brown Rice = 2 oz-eq Whole-Grain Cookie = 1 oz-eq	Pepperoni Pizza = 2.25 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq Tortilla Scoops = 1 oz-eq	Spicy Chicken Strips = 1 oz-eq Whole-Grain Roll = 1 oz-eq	11.75 oz-eq	10–12 oz-eq	
Whole Grain-Rich	Hamburger on a Bun = 2 oz-eq	Brown Rice = 2 oz-eq Whole-Grain Cookie = 1 oz-eq	Pepperoni Pizza = 2.25 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	Whole-Grain Roll = 1 oz-eq	9.75 oz-eq	½ grains are w/g	
Meat /Meat Alt	Hamburger on a Bun = 2 oz-eq	Sweet Sesame Chicken Stir-Fry = 2 oz-eq	Pepperoni Pizza = 2 oz-eq	Beef & Refried Bean Burrito = 2 oz-eq	Spicy Chicken Strips = 2 oz-eq	10 oz-eq	10–12 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.
This institution is an equal opportunity provider.

Menus that Move

Grades 9 – 12 • Fall • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	828 kcal/d
Saturated Fat	<10% of total kcal	5.4%
Sodium	≤1420mg/d	1129 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Fall • Week 1 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades 9 – 12			
	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 8 servings of whole grains are required in grades 9–12.		■ 4 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 9 – 12 • Fall • Week 1 Summary of USDA Foods

Fruits

Applesauce, canned cups
 Apricots, canned
 Fruit cocktail, canned
 Peaches, frozen cups
 Pears, canned

Grains

Rice, brown
 Tortillas, whole-grain, frozen

Meats

Beef, patties, frozen
 Beef, taco filling, frozen, Reduced-Fat
 Cheese, cheddar, reduced fat
 Chicken, diced, frozen
 Chicken, spicy strips, frozen

Vegetables

Beans, black, canned, low-sodium
 Beans, pinto, canned, low-sodium
 Beans, refried, canned, low-sodium
 Black-eyed peas, canned, low-sodium
 Carrots, frozen
 Corn, frozen
 Peas, frozen
 Potatoes, waffle fries, frozen
 Salsa, canned, low-sodium
 Sweet potatoes, fries, frozen

Grades 9 – 12 • Fall • Week 1 Summary of Recipes

Beef & Refried Bean Burrito
 Broccoli Salad
 Bean & Corn Salad
 Cowboy Corn Salad
 Sweet Sesame Chicken Stir Fry, (HS)
 Tossed Side Salad

Menus that Move

Grades 9 – 12 • Fall • Week 2 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
MEAL COMPONENTS	BBQ Chicken Sandwich Fresh Cucumber & Tomato Dip Baked Beans Pears Pineapple Milk	Hawaiian Chicken Wrap Broccoli Salad Apricots Peach Cup Whole-Grain Chocolate Chip Cookie Milk	Rotini & Meat Sauce Green Beans Fresh Apple Slices Fresh Banana Whole-Grain Dinner Roll 1 Pat Butter Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Fresh Grapes Pears in Cherry Jell-O Tortilla Scoops with Salsa Milk	Deli Sub 1 Tbsp Low-Fat Mayo Orange-Glazed Carrots Potato Rounds 2 Pkts Ketchup Strawberry Cup Peaches Milk		
Vegetables	1-½ cups	1 cup	1-¼ cups	1-¾ cups	1-¼ cups	6-¾ cups	5 cups
Dark Green		Hawaiian Chicken Wrap = ¼ cup Broccoli Salad = ½ cup		Taco Salad = 1 cup		1-¾ cups	½ cup
Red/Orange	Fresh Cucumber & Tomato Dip = ½ cup		Rotini & Meat Sauce = ¾ cup	Taco Salad = ¼ cup Salsa = ¼ cup	Orange-Glazed Carrots = ½ cup	2-¼ cups	1-¼ cups
Beans/Legumes	Baked Beans = ½ cup					½ cup	½ cup
Starchy				Taco Salad = ¼ cup	Potato Rounds = ½ cup	¾ cup	½ cup
Other	Fresh Cucumber & Tomato Dip = ½ cup	Hawaiian Chicken Wrap = ¼ cup	Green Beans = ½ cup		Lettuce/Tomato = ¼ cup	1-½ cups	¾ cup
Fruits	Pears = ½ cup Pineapple = ½ cup	Apricots = ½ cup Peach Cup = ½ cup	Apple Slices = ½ cup (½ cup FRESH) Fresh Banana = ½ cup (½ cup FRESH)	Fresh Grapes = ½ cup (½ cup FRESH) Pears in Cherry Jell-O = ½ cup	Strawberry Cup = ½ cup Peaches, ½ cup	5 cups (1-½ cups FRESH)	5 cups
Grains	BBQ Chicken Sandwich = 2 oz-eq	Hawaiian Chicken Wrap = 1.5 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	Rotini & Meat Sauce = 1.5 oz-eq Whole-Grain Dinner Roll = 1 oz-eq	Tortilla Scoops = 2 oz-eq	Deli Sub = 2.5 oz-eq	11.5 oz-eq	10–12 oz-eq
Whole Grain-Rich	BBQ Chicken Sandwich = 2 oz-eq	Hawaiian Chicken Wrap = 1.5 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	Rotini & Meat Sauce = 1.5 oz-eq Whole-Grain Dinner Roll = 1 oz-eq		Deli Sub = 2.5 oz-eq	9.5 oz-eq	½ grains are w/g
Meat /Meat Alt	BBQ Chicken Sandwich = 2 oz-eq	Hawaiian Chicken Wrap = 2 oz-eq	Rotini & Meat Sauce = 3 oz-eq	Taco Salad = 3 oz-eq	Deli Sub = 2 oz-eq	12 oz-eq	10–12 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. This institution is an equal opportunity provider.

Menus that Move

Grades 9 – 12 • Fall • Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	802 kcal/d
Saturated Fat	<10% of total kcal	5.6%
Sodium	≤1420mg/d	1252 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Fall • Week 2 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades 9 – 12			
	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 8 servings of whole grains are required in grades 9–12.		■ 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 9 – 12 • Fall • Week 2 Summary of USDA Foods

Fruits

Apricots, canned
Peaches, canned
Peaches, frozen cups
Pears in Cherry Jell-O
Pears, canned
Strawberries, frozen cups

Grains

Rotini, whole-grain

Meats

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

Vegetables

Beans, green, frozen
Beans, vegetarian, canned, low-sodium
Carrots, frozen
Corn, frozen
Potatoes, rounds, frozen
Salsa, canned, low-sodium
Tomatoes, marinara sauce
Tomatoes, sauce, canned, low-sodium

Grades 9 – 12 • Fall • Week 2 Summary of Recipes

Broccoli Salad
Deli Sub, (HS)
Fresh Cucumber & Tomato Dip
Hawaiian Chicken Wrap
Orange-Glazed Carrots, USDA
Rotini & Meat Sauce, (HS)
Taco Salad, (HS)

Menus that Move

Grades 9 – 12 • Fall • Week 3 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
		Spicy Chicken Sandwich 1 Tbsp Low-Fat Mayo Cowboy Corn Salad Mandarin Oranges Apricot Cup Milk	Hatton Chicken Crunch with Asian Brown Rice Green Peas Pineapple Chunks Fresh Banana Milk	Pizza California Casserole Fresh Veggies & Dip* Peaches Pears in Cherry Jell-O Milk	Eagle Tostada Sweet Potato Fries Fresh Tangerine Applesauce Whole-Grain Cookie Milk		
Vegetables	1 cup	1-¼ cups	1-¼ cups	1-¼ cups	1-¼ cups	6 cups	5 cups
Dark Green		Hatton Chicken Crunch = 5/8 cup			Tossed Side Salad = ½ cup	1-1/8 cups	½ cup
Red/Orange		Hatton Chicken Crunch = 1/8 cup	Fresh Veggies & Dip* = ¼ cup	Eagle Tostada = ¼ cup Sweet Potato Fries = ½ cup	Meatball Sub = ½ cup	1-5/8 cups	1-¼ cups
Beans/Legumes	Cowboy Corn Salad = ¼ cup			Eagle Tostada = ¼ cup		½ cup	½ cup
Starchy		Green Peas = ½ cup	California Casserole = ¼ cup			¾ cup	½ cup
Other	Cowboy Corn Salad = ½ cup Lettuce/Tomato = ¼ cup		California Casserole = ½ cup Fresh Veggies & Dip* = ¼ cup	Eagle Tostada = ¼ cup	Tossed Side Salad = ¼ cup	2 cups	¾ cup
Fruits	Mandarin Oranges = ½ cup Apricot Cup = ½ cup	Pineapple Chunks = ½ cup Fresh Banana = ½ cup (½ cup FRESH)	Peaches = ½ cup Pears in Cherry Jell-O = ½ cup	Fresh Tangerine = ½ cup (½ cup FRESH) Applesauce = ½ cup	Pears = ½ cup Strawberry Cup = ½ cup	5 cups (1 cup FRESH)	5 cups
Grains	Spicy Chicken Sandwich = 3 oz-eq	Hatton Chicken Crunch = 1 oz-eq Asian Brown Rice = 1 oz-eq	Pizza = 2.25 oz-eq	Eagle Tostada = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Meatball Sub = 2.5 oz-eq	11.75 oz-eq	10–12 oz-eq
Whole Grain-Rich	Spicy Chicken Sandwich = 2 oz-eq	Asian Brown Rice = 1 oz-eq	Pizza = 2.25 oz-eq	Eagle Tostada = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Meatball Sub = 2.5 oz-eq	9.75 oz-eq	½ grains are w/g
Meat /Meat Alt	Spicy Chicken Sandwich = 2 oz-eq	Hatton Chicken Crunch = 2 oz-eq	Pizza = 2 oz-eq	Eagle Tostada = 3 oz-eq	Meatball Sub = 2.5 oz-eq	11.5 oz-eq	10–12 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

*Cherry tomatoes, celery and 2 Tbsp lite ranch dressing

Menus that Move

Grades 9 – 12 • Fall • Week 3 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	797 kcal/d
Saturated Fat	<10% of total kcal	6%
Sodium	≤1420mg/d	1372 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Fall • Week 3 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades 9 – 12			
	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 8 servings of whole grains are required in grades 9 – 12. offered weekly must be whole grain-rich. came from the mac&cheese or the cookie, but I'		■■ 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 9 – 12 • Fall • Week 3 Summary of USDA Foods

Fruits

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

Grains

Rice, brown
 Tortillas, corn, whole-grain

Meats

Beef, meatballs and sauce, frozen
 Beef, taco filling, frozen
 Cheese, cheddar, Reduced-Fat
 Cheese, mozzarella, Reduced-Fat
 Chicken, popcorn, frozen
 Chicken, spicy breaded patties, frozen

Vegetables

Beans, black, canned
 Beans, refried, canned
 Corn, frozen
 Peas, frozen
 Potatoes, rounds, frozen
 Sweet potatoes, fries, frozen
 Tomatoes, marinara sauce, canned

Grades 9 – 12 • Fall • Week 3 Summary of Recipes

Asian Brown Rice
 California Casserole
 Cowboy Corn Salad
 Eagle Tostada, (HS)
 Hatton Chicken Crunch
 Meatball Sub, (HS)
 Tossed Side Salad

Menus that Move

Grades 9 – 12 • Fall • Week 4 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
MEAL COMPONENTS	Santa Fe Wrap Carrots & Hummus Pink Grapefruit Sections Pineapple Multigrain Chips Milk	Teriyaki Chicken with Asian Brown Rice Fresh Cucumber & Tomato Dip Fruit Salad Peach Cup Pretzels Milk	Veggie Lasagna Fresh Pear Strawberry Cup Breadstick with Marinara Sauce Milk	Spicy Nachos with Salsa Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Fresh Apple Slices Fresh Banana Brown Rice Milk	Turkey & Gravy Mashed Potatoes Broccoli Fruit Juice Apricot Cup Whole-Wheat Roll 1 Pat Butter Whole-Grain Cookie Milk		
						Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1-½ cups	1 cup	1-¼ cups	1 cup	1 cup	5-¾ cups	5 cups
Dark Green	Santa Fe Wrap = ¼ cup		Veggie Lasagna = 1/8 cup	Tossed Side Salad = ½ cup	Broccoli = ½ cup	1-¾ cups	½ cup
Red/Orange	Carrots = ½ cup Santa Fe Wrap = ¼ cup	Fresh Cucumber & Tomato Dip = ½ cup	Veggie Lasagna = ¾ cup Marinara Sauce = ½ cup			2-1/8 cups	1-¼ cups
Beans/Legumes	Hummus = ¼ cup			Spicy Nachos = ¼ cup		½ cup	½ cup
Starchy	Santa Fe Wrap = ¼ cup				Mashed Potatoes = ½ cup	¾ cup	½ cup
Other		Fresh Cucumber & Tomato Dip = ½ cup	Veggie Lasagna = ¼ cup	Tossed Side Salad = ¼ cup		1 cup	¾ cup
Fruits	Pink Grapefruit Sections = ½ cup Pineapple = ½ cup	Fruit Salad = ½ cup Peach Cup = ½ cup	Fresh Pear = ½ cup (½ cup FRESH) Strawberry Cup = ½ cup	Apple Slices = ½ cup (½ cup FRESH) Fresh Banana = ½ cup (½ cup FRESH)	Fruit Juice = ½ cup Apricot Cups = ½ cup	5 cups (1-½ cups FRESH)	5 cups
Grains	Multigrain Chips = 1 oz-eq Santa Fe Wrap = 1.5 oz-eq	Asian Brown Rice = 1 oz-eq Pretzels = 1 oz-eq	Veggie Lasagna = 1 oz-eq Breadstick = 2 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq Brown Rice = 1 oz-eq	Whole-Wheat Roll = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	12 oz-eq	10 – 12 oz-eq
Whole Grain-Rich	Santa Fe Wrap = 1.5 oz-eq	Asian Brown Rice = 1 oz-eq		Whole-Grain Tortilla Chips = 1.5 oz-eq Brown Rice = 1 oz-eq	Whole-Wheat Roll = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	7 oz-eq	½ grains are w/g
Meat /Meat Alt	Santa Fe Wrap = 2 oz-eq	Teriyaki Chicken = 2 oz-eq	Veggie Lasagna = 2 oz-eq	Spicy Nachos = 3 oz-eq	Turkey & Gravy = 2 oz-eq	11 oz-eq	10 – 12 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.
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Menus that Move

Grades 9 – 12 • Fall • Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	810 kcal/d
Saturated Fat	<10% of total kcal	5%
Sodium	≤1420mg/d	1306 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Fall • Week 4 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades 9 – 12			
	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 8 servings of whole grains are required in grades 9 – 12. offered weekly must be whole grain-rich. came from the mac&cheese or the cookie, but I'		■ All grains offered must be whole grain-rich.	
	the week.			■ 1 whole grain-rich per week may be a

Grades 9 – 12 • Fall • Week 4 Summary of USDA Foods

Fruits

Apricots, frozen cups
Peaches, frozen cups
Strawberries, frozen cups

Grains

Breadsticks, frozen
Rice, brown
Tortillas, whole-grain

Meats

Beef, taco filling, frozen, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Cheese, mozzarella, Reduced-Fat
Chicken, diced, frozen
Chicken, teriyaki, frozen
Turkey & Gravy, frozen

Vegetables

Beans, black, canned, low-sodium
Corn, frozen
Potatoes, mashed, instant, low-sodium
Salsa, canned, low-sodium
Tomatoes, marinara sauce, canned
Tomatoes, paste, canned
Tomatoes, sauce, canned

Grades 9 – 12 • Fall • Week 4 Summary of Recipes

Asian Brown Rice
Fresh Cucumber & Tomato Dip
Santa Fe Wrap, (HS)
Spicy Nachos
Tossed Side Salad
Vegetable (Veggie) Lasagna, USDA

Menus that Move

Grades 9 – 12 • Fall • Week 5 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday			
MEAL COMPONENTS	Pizza Wrap Carrots 2 Tbsp Reduced-Fat Ranch Dressing California Blend Pears Applesauce Whole-Grain Cookie Milk	Wokin' Orange Chicken with Brown Rice Green Beans Mandarin Oranges Pineapple Milk	Chicken Alfredo with a Twist Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Garlic Broccoli Fresh Banana Mixed Fruit Whole-Grain Roll 1 Pat Butter Milk	Quirky Quesadilla Golden Corn Peaches Fresh Grapes Tortilla Scoops with Salsa Milk	Grilled Chicken on a Bun 1 Tbsp Low-Fat Mayo Fresh Cucumber & Tomato Dip Baked Beans Fresh Pear Strawberry Cup Milk		Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1-¼ cups	1 cup	1-¼ cups	1 cup	1-¾ cups	6-¼ cups	5 cups	
Dark Green	Pizza Wrap = ⅛ cup	Wokin' Orange Chicken = ⅛ cup	Tossed Side Salad = ½ cup Garlic Broccoli = ½ cup			1-¼ cups	½ cup	
Red/Orange	Pizza Wrap = ⅛ cup Carrots with Ranch = ½ cup	Wokin' Orange Chicken = ¼ cup		Salsa = ¼ cup	Fresh Cucumber & Tomato Dip = ½ cup	1-⅝ cups	1-¼ cups	
Beans/Legumes				Quirky Quesadilla = ¼ cup	Baked Beans = ½ cup	¾ cup	½ cup	
Starchy				Golden Corn = ½ cup		½ cup	½ cup	
Other	California Blend = ½ cup	Wokin' Orange Chicken = ⅛ cup Green Beans = ½ cup	Tossed Side Salad = ¼ cup		Fresh Cucumber & Tomato Dip = ½ cup Lettuce/Tomato = ¼ cup	2-⅛ cups	¾ cup	
Fruits	Pears = ½ cup Applesauce = ½ cup	Mandarin Oranges = ½ cup Pineapple = ½ cup	Banana = ½ cup (½ cup FRESH) Mixed Fruit = ½ cup	Peaches = ½ cup Fresh Grapes = ½ cup (½ cup FRESH)	Fresh Pear = ½ cup (½ cup FRESH) Strawberry Cup = ½ cup	5 cups (1-½ cups FRESH)	5 cups	
Grains	Pizza Wrap = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Brown Rice = 2 oz-eq Wokin' Orange Chicken = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq Whole-Grain Roll = 1 oz-eq	Quirky Quesadilla = 1.5 oz-eq Tortilla Scoops = 1 oz-eq	Grilled Chicken on a Bun = 2 oz-eq	11.5 oz-eq	10–12 oz-eq	
Whole Grain-Rich	Pizza Wrap = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Brown Rice = 2 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq Whole-Grain Roll = 1 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Grilled Chicken on a Bun = 2 oz-eq	9.5 oz-eq	½ grains are w/g	
Meat /Meat Alt	Pizza Wrap = 2 oz-eq	Wokin' Orange Chicken = 2 oz-eq	Chicken Alfredo with a Twist = 2 oz-eq	Quirky Quesadilla = 2 oz-eq	Grilled Chicken on a Bun = 2 oz-eq	10 oz-eq	10–12 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.
This institution is an equal opportunity provider.

Menus that Move

Grades 9 – 12 • Fall • Week 5 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	832 kcal/d
Saturated Fat	<10% of total kcal	7.4%
Sodium	≤1420 mg/d	1211 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Fall • Week 5 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades 9 – 12			
	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 8 servings of whole grains are required in grades 9 – 12. offered weekly must be whole grain-rich. came from the mac&cheese or the cookie, but I'		■ 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 9 – 12 • Fall • Week 5 Summary of USDA Foods

Fruits

Applesauce, canned
Fruit cocktail, canned
Pears, canned
Peaches, canned
Strawberries, frozen cups

Grains

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

Meats

Beef, taco filling, frozen
Cheese, cheddar, Reduced-Fat
Cheese, mozzarella, Reduced-Fat
Chicken, diced, frozen
Chicken, popcorn, frozen
Beef, crumbles, frozen

Vegetables

Beans, vegetarian, canned, low-sodium
Beans, green, frozen
Beans, refried, canned, low-sodium
Carrots, frozen
Corn, frozen
Salsa, canned, low-sodium
Tomatoes, marinara sauce, canned
Tomatoes, paste, canned, low-sodium

Grades 9 – 12 • Fall • Week 5 Summary of Recipes

Chicken Alfredo with a Twist
Fresh Cucumber & Tomato Dip
Garlic Broccoli
Pizza Wrap
Quirky Quesadillas
Tossed Side Salad
Wokin' Orange Chicken