<table>
<thead>
<tr>
<th>Menu</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| Week 1 | Hamburger on a Bun  
2 Pkts Ketchup  
Green Beans  
Pasta Salad  
Applesauce  
Pineapple  
Milk* | Honey Mustard Chicken Wrap  
Waffle Fries  
2 Pkts Ketchup  
Peaches in Tropical Jell-O  
Fresh Grapes  
Whole-Grain Cookie  
Milk | Cheese Pizza  
Tossed Side Salad  
2 Tbsp Reduced-Fat Ranch Dressing  
Carrots  
Fresh Banana  
Berry Crisp  
Milk | Taco Salad  
2 Tbsp Reduced-Fat Ranch Dressing  
Apricots  
Sidekicks  
Tortilla Scoops with Salsa  
Milk | Mac & Cheese  
Fresh Cucumber & Tomato Dip  
Cowboy Corn Salad  
Pears  
Watermelon Chunks  
Whole-Grain Roll  
1 Pat Butter  
Milk |
| Week 2 | BBQ Chicken Sandwich  
Potato Salad  
Green Beans  
Pineapple  
Summer Fruit Salad with Honey Citrus Dressing  
Milk | Turkey Pita  
1 Tbsp Reduced-Fat Ranch Dressing  
Baby Carrots with Hummus Bean & Corn Salad  
Fresh Melon Balls  
Fruit Juice  
Pretzels  
Milk | Rotini & Meat Sauce  
Tossed Side Salad  
2 Tbsp Reduced-Fat Ranch Dressing  
Assorted Fresh Fruit  
Whole-Grain Roll  
1 Pat Butter  
Milk | Beef & Refried Bean Burrito  
Broccoli  
Fresh Grapes  
Applesauce Cups  
Tortilla Scoops with Salsa  
Milk | Spicy Chicken Strips  
2 Pkts Ketchup  
Sweet Potato Fries  
Coleslaw  
Pears  
Fruit Cocktail  
Whole-Grain Cookie  
Milk |
| Week 3 | Santa Fe Wrap  
Baby Carrot with Hummus  
Fresh Strawberries  
Applesauce Cup  
Whole-Grain Cookie  
Milk | Hatton Chicken Crunch with Asian Brown Rice  
Green Peas  
Pineapple Chunks  
Fruit Juice  
Fortune Cookie  
Milk | Classic Wedge Pizza  
California Casserole  
Corn  
Mandarin Oranges  
Fresh Banana  
Mexican Rice  
Milk | Spicy Nachos with Salsa Green Beans  
Fresh Red Grapes  
Fresh Apple Slices  
Mexican Rice  
Milk | Deli Sub  
1 Tbsp Reduced-Fat Mayo  
Yogurt  
Fresh Veggies  
2 Tbsp Reduced-Fat Ranch Dressing  
Peaches  
Fruit Cocktail  
Whole-Grain Cookie  
Milk |
| Week 4 | Chicken Philly  
1 Tbsp Low-Fat Mayo  
Fresh Cucumber & Tomato Dip  
Green Beans  
Pears  
Fresh Orange  
Milk | Teriyaki Chicken with Asian Brown Rice  
Garlic Broccoli  
Carrot Coins  
Apricots  
Fruit Juice  
Whole-Grain Cookie  
Milk | Cheese & Pepperoni Breadstick with Marinara Sauce  
Mozzarella Cheese Stick  
Coleslaw  
Northwest Apple Salad  
Pizza Cup  
Milk | Eagle Tostada  
Mexicali Corn  
Fresh Grapes  
Pineapple Chunks  
Mexican Rice  
Milk | Hamburger on a Bun  
2 Pkts Ketchup  
Marinated Black Bean Salad  
Spinach Strawberry Salad  
Strawberry Cup  
Milk |
| Week 5 | Chicken Alfredo with a Twist  
Green Peas  
Carrots  
Fresh Banana  
Peaches  
Whole-Grain Roll  
1 Pat Butter  
Milk | Chicken Broccoli Bowl  
Broccoli Salad  
Mandarin Oranges  
Strawberry Cup  
Milk | Pizza Wrap  
Sweet Potato Fries  
Green Beans  
Pears  
Fresh Apple Slices  
Whole-Grain Roll  
1 Pat Butter  
Milk | Quirky Quesadilla  
Cowboy Corn Salad  
Fresh Nectarine  
Pineapple  
Tortilla Scoops with Salsa  
Milk | American Harvest Salad  
2 Tbsp Assorted Reduced-Fat Salad Dressing  
Cheese Breadstick  
Fresh Melon  
Apricots  
Milk |

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

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<table>
<thead>
<tr>
<th>MEAL COMPONENTS</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Meat Alt</td>
<td>Hamburger on a Bun 2 oz-eq</td>
<td>Honey Mustard Chicken Wrap 1.5 oz-eq</td>
<td>Cheese Pizza 2 oz-eq</td>
<td>Taco Salad 3 oz-eq</td>
<td>Mac &amp; Cheese 1 oz-eq</td>
</tr>
<tr>
<td>Whole Grain-Rich</td>
<td>Hamburger on a Bun 2 oz-eq</td>
<td>Honey Mustard Chicken Wrap 1.5 oz-eq</td>
<td>Cheese Pizza 2 oz-eq</td>
<td>Whole-Grain Roll 1 oz-eq</td>
<td>9 oz-eq</td>
</tr>
<tr>
<td>Grains</td>
<td>Hamburger on a Bun 2 oz-eq</td>
<td>Honey Mustard Chicken Wrap 1.5 oz-eq</td>
<td>Cheese Pizza 2 oz-eq</td>
<td>Whole-Grain Roll 1 oz-eq</td>
<td>9 oz-eq</td>
</tr>
<tr>
<td>Fruits</td>
<td>Applesauce = ½ cup</td>
<td>Pineapple = ½ cup</td>
<td>Fresh Grapes = ½ cup</td>
<td>Pears = ½ cup</td>
<td>Watermelon Chunks = ½ cup</td>
</tr>
<tr>
<td>Other</td>
<td>Green Beans = ½ cup</td>
<td>Pasta Salad = ¾ cup</td>
<td>Honey Mustard Chicken Wrap = ¾ cup</td>
<td>Fresh Cucumber &amp; Tomato Dip = ¾ cup</td>
<td>2-½ cups</td>
</tr>
<tr>
<td>Dark Green</td>
<td>Waffle Fries = ½ cup</td>
<td>Taco Salad = 1 cup</td>
<td>Tossed Side Salad = ¾ cup</td>
<td>Taco Salad = ¾ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>Carrots = ½ cup</td>
<td>Peppers = ½ cup</td>
<td>Carrots = ½ cup</td>
<td>Fresh Cucumber &amp; Tomato Dip = ¾ cup</td>
<td>1-⅛ cups</td>
</tr>
<tr>
<td>Starchy</td>
<td>Green Beans = ½ cup</td>
<td>Pasta Salad = ¾ cup</td>
<td>Honey Mustard Chicken Wrap = ½ cup</td>
<td>Fresh Cucumber &amp; Tomato Dip = ¾ cup</td>
<td>3-¼ cups</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1-⅛ cups</td>
<td>1 cup</td>
<td>1-⅛ cups</td>
<td>1-⅛ cups</td>
<td>7 cups</td>
</tr>
<tr>
<td>Weekly Totals Actual</td>
<td>7 cups</td>
<td>3-⅛ cups</td>
<td>3-⅛ cups</td>
<td>3-⅛ cups</td>
<td>7 cups</td>
</tr>
<tr>
<td>Weekly Totals Requirement</td>
<td>3-⅛ cups</td>
<td>3-⅛ cups</td>
<td>3-⅛ cups</td>
<td>3-⅛ cups</td>
<td>7 cups</td>
</tr>
</tbody>
</table>
### Grades 9 - 12 • Summer • Week 1 Nutrient Breakdown

<table>
<thead>
<tr>
<th>Meal Pattern Specifications</th>
<th>Goal</th>
<th>Actual Daily Average This Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>750– 850kcal/d</td>
<td>840 kcal/d</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;10% of total kcal</td>
<td>6.9%</td>
</tr>
<tr>
<td>Sodium</td>
<td>≤1420mg/d</td>
<td>1377mg/d</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
</tr>
</tbody>
</table>

### Grades 9 - 12 • Summer • Week 1 HUSSC Criteria

#### Bronze

- **Vegetables**: Offer one additional serving 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.
- **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.

#### Silver

- **Vegetables**: Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
- **Fruit**: 2 fruits per week must be served fresh.

#### Gold

- **Vegetables**: Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
- **Fruit**: 3 fruits per week must be served fresh.
- **Grains**: All grains offered must be whole grain-rich.

#### Gold of Distinction

- **Vegetables**: Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).
- **Fruit**: 4 fruits per week must be served fresh.
- **Grains**: All grains offered must be whole grain-rich.

### Grades 9 - 12 • Summer • Week 1 Summary of USDA Foods

#### Fruits
- Applesauce, canned
- Apricots, canned
- Peaches, canned
- Peaches in Tropical Jell-O
- Pears, canned

#### Grains
- Rotini, whole-grain
- Tortillas, whole-grain, frozen

#### Meats
- Beef, patties, frozen
- Beef, taco filling, frozen
- Cheese, cheddar, Reduced-Fat
- Chicken, diced, frozen
- Macaroni & cheese, frozen, Reduced-Fat

#### Vegetables
- Beans, black, canned, low-sodium
- Beans, green, frozen
- Beans, pinto, canned, low-sodium
- Corn, frozen
- Carrots, frozen
- Potatoes, wafflecutfries, frozen
- Salsa, canned, low-sodium
- Tomatoes, marinara sauce, canned

### Grades 9 - 12 • Summer • Week 1 Summary of Recipes

- Berry Crisp
- Cowboy Corn Salad
- Honey Mustard Chicken Wraps
- Pasta Salad
- Taco Salad, (HS)
- Tossed Side Salad

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## Menus that Move

### Grades 9 - 12 • Summer • Week 2 Meal Components

<table>
<thead>
<tr>
<th>MEAL COMPONENTS</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken Sandwich</td>
<td>Turkey Pita 1 Tbsp Reduced-Fat Ranch Dressing Baby Carrots with Hummus</td>
<td>Rotini &amp; Meat Sauce 2 Tbsp Reduced-Fat Ranch Dressing Whole-Grain Roll 1 Pat Butter Milk</td>
<td>Beef &amp; Refried Bean Burrito Broccoli</td>
<td>Spicy Chicken Strips 2 Pkts Ketchup</td>
<td>Weekly Totals ACTUAL 6-½ cups 3-½ cups</td>
</tr>
<tr>
<td>Potato Salad Green Beans Pineapple</td>
<td>Summer Fruit Salad with Honey Citrus Dressing</td>
<td>Green Beans Fresh Melon Balls Fruit Juice Pretzels Milk</td>
<td>Whole-Grain Roll</td>
<td>Sweet Potato Fries</td>
<td>Weekly Totals REQUIREMENT ½ cup ½ cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Coleslaw</td>
<td>½ cup ½ cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Spicy Chicken Strips</td>
<td>½ cup ½ cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11 oz-eq 10 - 12 oz-eq</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8 oz-eq ½ grains are w/g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5 cups 5 cups</td>
<td></td>
</tr>
</tbody>
</table>

**Weekly Totals REQUIREMENT**

**Vegetables**
- 1 cup
- 1-½ cups
- 1-½ cups
- 1-½ cups
- 1 cup
- 6-½ cups

**Dark Green**
- 1 cup
- 1-½ cups
- 1 cup
- ½ cup

**Red/ Orange**
- Turkey Pita = ¼ cup
- Baby Carrots = ½ cup
- Rotini & Meat Sauce = ¼ cup
- Salsa = ½ cup
- Sweet Potato Fries = ½ cup
- 2-½ cups

**Beans/ Legumes**
- Hummus = ¼ cup
- Bean & Corn Salad = ¼ cup
- Beef & Refried Bean Burrito = ½ cup
- ½ cup

**Starchy**
- Potato Salad = ½ cup
- Bean & Corn Salad = ¼ cup
- Tossed Side Salad = ½ cup
- Coleslaw = ½ cup
- ½ cup

**Other**
- Green Beans = ½ cup
- Turkey Pita = ¼ cup
- Tossed Side Salad = ½ cup
- Whole-Grain Roll = 1 oz-eq
- 1-½ cups

**Fruits**
- Pineapple = ½ cup
- Summer Fruit Salad = ½ cup
- Fresh Melon Balls = ½ cup (½ cup FRESH)
- Assorted Fresh Fruit = 1 cup (1 cup FRESH)
- Fresh Grapes = ½ cup (½ cup FRESH)
- Applesauce Cup = ½ cup
- Pears = ½ cup
- Fruit Cocktail = ½ cup
- 5 cups

**Grains**
- BBQ Chicken Sandwich = 2 oz-eq
- Turkey Pita = 1 oz-eq
- Rotini & Meat Sauce = 1 oz-eq
- Whole-Grain Roll = ½ oz-eq
- Beef & Refried Bean Burrito = 1 oz-eq
- Whole-Grain Cookie = 1 oz-eq
- 8 oz-eq

**Whole Grain-Rich**
- BBQ Chicken Sandwich = 2 oz-eq
- Turkey Pita = 1 oz-eq
- Rotini & Meat Sauce = 1 oz-eq
- Whole-Grain Roll = ½ oz-eq
- Beef & Refried Bean Burrito = 1 oz-eq
- Whole-Grain Cookie = 1 oz-eq
- 8 oz-eq

**Meat / Meat Alt**
- BBQ Chicken Sandwich = 2 oz-eq
- Turkey Pita = 3 oz-eq
- Rotini & Meat Sauce = 3 oz-eq
- Beef & Refried Bean Burrito = 2 oz-eq
- Spicy Chicken Strips = 2 oz-eq
- 12 oz-eq

**Milk**
- Milk = 1 cup
- Milk = 1 cup
- Milk = 1 cup
- Milk = 1 cup
- Milk = 1 cup
- 5 cups

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Menus that Move

Grades 9 - 12 • Summer • Week 2 Nutrient Breakdown

<table>
<thead>
<tr>
<th>Meal Pattern Specifications</th>
<th>Goal</th>
<th>Actual Daily Average This Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>750– 850kcal/d</td>
<td>796 kcal/d</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;10% of total kcal</td>
<td>6.9%</td>
</tr>
<tr>
<td>Sodium</td>
<td>≤1420 mg/d</td>
<td>1362 mg/d</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
</tr>
</tbody>
</table>

Grades 9 - 12 • Summer • Week 2 HUSSC Criteria

<table>
<thead>
<tr>
<th>Meal Component</th>
<th>HUSSC Incentive Awards: Grades 9 - 12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bronze</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).</td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 fruit per week must be served fresh.</td>
</tr>
<tr>
<td></td>
<td>2 fruits per week must be served fresh.</td>
</tr>
<tr>
<td></td>
<td>3 fruits per week must be served fresh.</td>
</tr>
<tr>
<td></td>
<td>4 fruits per week must be served fresh.</td>
</tr>
<tr>
<td>Grains</td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>All grains offered must be whole grain-rich.</td>
</tr>
<tr>
<td></td>
<td>Only one whole grain-rich offering per week may be a grain-based dessert.</td>
</tr>
</tbody>
</table>

Grades 9 - 12 • Summer • Week 2 Summary of USDA Foods

**Fruits**
- Applesauce, canned cups
- Apricots, canned
- Peaches, canned
- Pears, canned

**Grains**
- Rotini, whole-grain
- Tortillas, whole-grain, frozen

**Meats**
- Beef, meat sauce, frozen, Reduced-Fat
- Beef, taco filling, frozen, Reduced-Fat
- Cheese, cheddar, Reduced-Fat, shredded
- Cheese, mozzarella, Reduced-Fat
- Chicken, spicy strips, frozen

**Vegetables**
- Beans, green, frozen
- Beans, pinto, canned, low-sodium
- Beans, refried, canned, low-sodium
- Black-eyed peas, canned
- Corn, frozen
- Salsa, canned, low-sodium
- Sweet potatoes, fries, frozen
- Tomatoes, marinara sauce, canned
- Tomatoes, sauce, canned, low-sodium

Grades 9 - 12 • Summer • Week 2 Summary of Recipes

- Bean & Corn Salad
- Beef & Refried Bean Burrito
- Honey Mint Citrus Dressing
- Potato Salad, USDA
- Rotini & Meat Sauce, (HS)
- Summer Fruit Salad
- Tossed Side Salad
- Turkey Pita

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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.**

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### Grades 9 - 12 • Summer • Week 3 Nutrient Breakdown

<table>
<thead>
<tr>
<th>Meal Pattern Specifications</th>
<th>Goal</th>
<th>Actual Daily Average This Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>750–850 kcal/d</td>
<td>801 kcal/d</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;10% of total kcal</td>
<td>5.5%</td>
</tr>
<tr>
<td>Sodium</td>
<td>≤1420 mg/d</td>
<td>1265 mg/d</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
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</tbody>
</table>

### Grades 9 - 12 • Summer • Week 3 HUSSC Criteria

<table>
<thead>
<tr>
<th>Meal Component</th>
<th>HUSSC Incentive Awards: Grades 9 - 12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bronze</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).</td>
</tr>
<tr>
<td>Fruit</td>
<td>1 fruit per week must be served fresh.</td>
</tr>
<tr>
<td>Grains</td>
<td>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.</td>
</tr>
</tbody>
</table>

### Grades 9 - 12 • Summer • Week 3 Summary of USDA Foods

**Fruits**
- Applesauce, can
- Applesauce, cup
- Fruit cocktail, canned
- Peaches, canned

**Grains**
- Rice, brown
- Tortillas, whole-grain, frozen

**Meats**
- Beef, taco filling, frozen, Reduced-Fat
- Cheese, cheddar, Reduced-Fat
- Chicken, diced, frozen
- Chicken, popcorn, frozen

**Vegetables**
- Beans, black, canned, low-sodium
- Beans, green, frozen
- Corn, frozen
- Peas, frozen
- Potatoes, rounds, frozen
- Salsa, canned, low-sodium

### Grades 9 - 12 • Summer • Week 3 Summary of Recipes

- Asian Brown Rice
- California Casserole
- Deli Sub, (HS)
- Hatton Chicken Crunch
- Mexican Rice
- Santa Fe Wraps (HS)
- Spicy Nachos
- Spring/Summer Fruit Salad
<table>
<thead>
<tr>
<th>MEAL COMPONENTS</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Weekly Totals</th>
<th>Weekly Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>1-3/4 cups</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1-3/4 cups</td>
<td>1 cup</td>
<td>6 cups</td>
<td>3-3/4 cups</td>
</tr>
<tr>
<td>Dark Green</td>
<td>Fresh Cucumber &amp; Tomato Dip = 3/4 cup</td>
<td>Garlic Broccoli = 3/4 cup</td>
<td>3/4 cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans/Legumes</td>
<td>Chicken Philly = 1 cup</td>
<td>Teriyaki Chicken with Asian Brown Rice = 1 cup</td>
<td>Cheese &amp; Pepperoni Breadsticks = 2 oz-eq</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starchy</td>
<td>Fresh Cucumber &amp; Tomato Dip = 3/4 cup</td>
<td>Bright Broccoli Slaw = 3/4 cup</td>
<td>Eagle Tostada = 3/4 cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>Pears = 3/4 cup</td>
<td>Apricots = 3/4 cup</td>
<td>Peach Cup = 3/4 cup</td>
<td>Fresh Grapes = 3/4 cup</td>
<td></td>
<td>5 cups (1-3/4 cups FRESH)</td>
<td>5 cups</td>
</tr>
<tr>
<td>Fruits</td>
<td>Asian Brown Rice = 1 oz-eq</td>
<td>Whole-Grain Cookie = 1 oz-eq</td>
<td>Eagle Tostada = 1 oz-eq</td>
<td>Hamburger on a Bun = 1 oz-eq</td>
<td></td>
<td>10.5 oz-eq</td>
<td>10 - 12 oz-eq</td>
</tr>
<tr>
<td>Grains</td>
<td>Chicken Philly = 2.5 oz-eq</td>
<td>Teriyaki Chicken = 1 oz-eq</td>
<td>Cheese &amp; Pepperoni Breadsticks = 1 oz-eq</td>
<td>Eagle Tostada = 3 oz-eq</td>
<td></td>
<td>12 oz-eq</td>
<td>10 - 12 oz-eq</td>
</tr>
<tr>
<td>Whole Grain-Rich</td>
<td>Chicken Philly = 2.5 oz-eq</td>
<td>Asian Brown Rice = 1 oz-eq</td>
<td>Mexican Rice = 1 oz-eq</td>
<td>Hamburger on a Bun = 1 oz-eq</td>
<td></td>
<td>8.5 oz-eq</td>
<td>1/2 grains are w/g</td>
</tr>
<tr>
<td>Meat/Meat Alt</td>
<td>Chicken Philly = 3 oz-eq</td>
<td>Teriyaki Chicken = 1 oz-eq</td>
<td>Cheese &amp; Pepperoni Breadsticks = 1 oz-eq</td>
<td>Eagle Tostada = 3 oz-eq</td>
<td></td>
<td>12 oz-eq</td>
<td>10 - 12 oz-eq</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk = 1 cup</td>
<td>Milk = 1 cup</td>
<td>Milk = 1 cup</td>
<td>Milk = 1 cup</td>
<td>Milk = 1 cup</td>
<td>5 cups</td>
<td>5 cups</td>
</tr>
</tbody>
</table>
Menus that Move

Grades 9 - 12 • Summer • Week 4 Nutrient Breakdown

<table>
<thead>
<tr>
<th>Meal Pattern Specifications</th>
<th>Goal</th>
<th>Actual Daily Average This Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>750–850 kcal/d</td>
<td>775 kcal/d</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;10% of total kcal</td>
<td>6.5%</td>
</tr>
<tr>
<td>Sodium</td>
<td>≤1420 mg/d</td>
<td>1280 mg/d</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
</tr>
</tbody>
</table>

Grades 9 - 12 • Summer • Week 4 HUSSC Criteria

<table>
<thead>
<tr>
<th>Meal Component</th>
<th>HUSSC Incentive Awards: Grades 9 - 12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bronze</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
</tr>
<tr>
<td>Offer one</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 fruit per week must be served fresh.</td>
</tr>
<tr>
<td>Grains</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td>All grains offered must be whole grain-rich.</td>
</tr>
</tbody>
</table>

Grades 9 - 12 • Summer • Week 4 Summary of USDA Foods

Fruits
- Apricots, canned
- Fruit cocktail, canned
- Peaches, frozen cups
- Pears, canned
- Strawberries, frozen cups

Grains
- Rice, brown
- Tortillas, corn
- Tortillas, whole-grain, frozen

Meats
- Beef, patties, frozen
- Beef, taco filling, Reduced-Fat, frozen
- Breadsticks, cheese & pepperoni, frozen
- Cheese, cheddar, Reduced-Fat, shredded
- Cheese, mozzarella, Reduced-Fat
- Chicken, fajita meat, frozen
- Chicken, teriyaki, frozen
- Mozzarella cheese sticks

Vegetables
- Beans, black, canned, low-sodium
- Beans, green, frozen
- Beans, refried, canned
- Carrots, frozen
- Corn, frozen
- Salsa, canned, low-sodium
- Tomatoes, marinara sauce, canned

Grades 9 - 12 • Summer • Week 4 Summary of Recipes

- Asian Brown Rice
- Eagle Tostada, (HS)
- Fresh Cucumber & Tomato Dip
- Garlic Broccoli
- Marinated Black Bean Salad, USDA
- Mexicali Corn, USDA
- Mexican Rice
- Northwest Apple Salad
- Philly Chicken
- Spinach Strawberry Salad
### Grades 9 - 12 • Summer • Week 5 Meal Components

<table>
<thead>
<tr>
<th>MEAL COMPONENTS</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td>1 cup</td>
<td>1 cup</td>
<td>1-½ cups</td>
<td>1-½ cups</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Dark Green</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots = ½ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Red/ Orange</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots = ½ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Beans/ Legumes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Peas = ½ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Starchy</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>½ cup</td>
</tr>
<tr>
<td>Green Beans = ½ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5-½ cups</td>
</tr>
<tr>
<td>Fresh Banana = ½ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(2-½ cups FRESH)</td>
</tr>
<tr>
<td>Mandarin Oranges = ½ cup</td>
<td></td>
<td></td>
<td>Fresh Apple Slices = ½ cup (½ cup FRESH)</td>
<td>Fresh Nectarine = ½ cup (½ cup FRESH)</td>
<td>5-½ cups</td>
</tr>
<tr>
<td>Peaches = ½ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(½ cup FRESH)</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11 oz-equivalent</td>
</tr>
<tr>
<td>Chicken Alfredo with a Twist = 1 oz-equivalent</td>
<td></td>
<td></td>
<td>Pizza Wrap = 1.5 oz-equivalent Tortilla Scoops = 1 oz-equivalent</td>
<td>Quirky Quesadilla = 1.5 oz-equivalent</td>
<td>11 oz-equivalent</td>
</tr>
<tr>
<td>Whole-Grain Roll = 1 oz-equivalent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 - 12 oz-equivalent</td>
</tr>
<tr>
<td><strong>Whole Grain-Rich</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8 oz-equivalent</td>
</tr>
<tr>
<td>Chicken Alfredo with a Twist = 1 oz-equivalent</td>
<td></td>
<td></td>
<td>Pizza Wrap = 1.5 oz-equivalent Tortilla Scoops = 1 oz-equivalent</td>
<td>Quirky Quesadilla = 1.5 oz-equivalent</td>
<td>8 oz-equivalent</td>
</tr>
<tr>
<td>Whole-Grain Roll = 1 oz-equivalent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>½ grains are w/g</td>
</tr>
<tr>
<td><strong>Meat/ Meat Alt</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11.5 oz-equivalent</td>
</tr>
<tr>
<td>Chicken Alfredo with a Twist = 2 oz-equivalent</td>
<td></td>
<td></td>
<td>Pizza Wrap = 2 oz-equivalent</td>
<td>Quirky Quesadillas = 2 oz-equivalent</td>
<td>11.5 oz-equivalent</td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>1 cup</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1 cup</td>
<td>5 cups</td>
</tr>
</tbody>
</table>

**Weekly Totals**

**ACTUAL**

<table>
<thead>
<tr>
<th>Monday</th>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5-½ cups</td>
<td>3-½ cups</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
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**REQUIREMENT**

<table>
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<tr>
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<td>3-½ cups</td>
<td></td>
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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.

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Ohio Department of Education
Menus that Move

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<td>1232 mg/d</td>
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<tr>
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<td>0g</td>
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**Grades 9 - 12 • Summer • Week 5 HUSSC Criteria**

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<th>Meal Component</th>
<th>HUSSC Incentive Awards: Grades 9 - 12</th>
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<tbody>
<tr>
<td>Vegetables</td>
<td>Bronze: Offer one additional serving weekly from any of three vegetable sub-groups (dark green, red, orange, dry beans, and peas). Silver: Offer two additional servings weekly from any of three vegetable sub-groups (dark green, red, orange, dry beans, and peas). Gold: Offer three additional servings weekly from any of three vegetable sub-groups (dark green, red, orange, dry beans, and peas). Gold of Distinction: Offer four additional servings weekly from any of three vegetable sub-groups (dark green, red, orange, dry beans, and peas).</td>
</tr>
<tr>
<td>Fruit</td>
<td>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.</td>
</tr>
<tr>
<td>Grains</td>
<td>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. Only one whole grain-rich offering per week may be a grain-based dessert.</td>
</tr>
</tbody>
</table>

**Grades 9 - 12 • Summer • Week 5 Summary of USDA Foods**

**Fruits**
- Apricots, canned
- Peaches, canned
- Pears, canned

**Grains**
- Spaghetti, whole-grain
- Tortillas, whole-grain, frozen

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

**Vegetables**
- Beans, black, canned, low-sodium
- Beans, green, frozen
- Beans, refried, canned, low-sodium
- Carrots, frozen
- Corn, frozen
- Peas, frozen
- Salsa, canned, low-sodium
- Sweet potatoes, fries, frozen
- Tomatoes, marinara sauce, canned

**Grades 9 - 12 • Summer • Week 5 Summary of Recipes**
- American Harvest Salad
- Broccoli Salad
- Chicken Alfredo with a Twist
- Chicken Broccoli Bowl
- Cowboy Corn Salad
- Pizza Wrap
- Quirky Quesadillas

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