Menus that Move

Summer Cycle Menu Grades 9 – 12

	Monday	Tuesday	Wednesday	Thursday	Friday
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 Sidekick 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 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 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 Peach 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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Menus that Move

Grades 9 – 12 • Summer • Week 1 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	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 Sidekick Tortilla Scoops with Salsa Milk	Mac & Cheese Fresh Cucumber & Tomato Dip Cowboy Corn Salad Pears Watermelon Chunks Whole-Grain Roll 1 Pat Butter Milk		
	Daily Totals						
Vegetables	1-⅛ cups	1 cup	1-⅜ cups	1-¾ cups	1-¾ cups	7 cups	3-¾ cups
Dark Green			Tossed Side Salad = ½ cup	Taco Salad = 1 cup		1-½ cups	½ cup
Red/Orange			Carrots = ½ cup Pepperoni Pizza = ⅛ cup	Taco Salad = ¼ cup Salsa =¼ cup	Fresh Cucumber & Tomato Dip = ½ cup	1-⅝ cups	1-¼ cups
Beans/Legumes	Pasta Salad = ¼ cup				Cowboy Corn Salad = ¼ cup	½ cup	½ cup
Starchy		Waffle Fries = ½ cup		Taco Salad = ¼ cup		¾ cup	½ cup
Other	Green Beans = ½ cup Pasta Salad = ⅛ cup Lettuce/Tomato = ¼ cup	Honey Mustard Chicken Wrap = ½ cup	Tossed Side Salad = ¼ cup		Fresh Cucumber & Tomato Dip = ½ cup Cowboy Corn Salad = ½ cup	2-⅝ cups	¾ cup
Fruits	Applesauce = ½ cup Pineapple = ½ cup	Peaches in Tropical Jell-O = ½ cup Fresh Grapes = ½ cup (½ cup FRESH)	Fresh Banana = 1 cup (1 cup FRESH) Berry Crisp = ¼ cup	Sidekick = ½ cup Apricots = ½ cup	Pears = ½ cup Watermelon Chunks = ½ cup (½ cup FRESH)	5-¼ cups (2 cups FRESH)	5 cups
Grains	Hamburger on a Bun = 2 oz-eq Pasta Salad = 1 oz-eq	Honey Mustard Chicken Wrap = 1.5 oz-eq Whole-Grain Cookie = 1 oz-eq	Cheese Pizza = 2 oz-eq Berry Crisp = 0.5 oz-eq	Tortilla Scoops = 2 oz-eq	Mac & Cheese = 1 oz-eq Whole-Grain Roll = 1 oz-eq	12 oz-eq	10 – 12 oz-eq
Whole Grain-Rich	Hamburger on a Bun = 2 oz-eq Pasta Salad = 1 oz-eq	Honey Mustard Chicken Wrap = 1.5 oz-eq Whole-Grain Cookie = 1 oz-eq	Cheese Pizza = 2 oz-eq Berry Crisp = 0.5 oz-eq		Whole-Grain Roll = 1 oz-eq	9 oz-eq	½ grains are w/g
Meat /Meat Alt	Hamburger on a Bun = 2 oz-eq	Honey Mustard Chicken Wrap = 2 oz-eq	Cheese Pizza = 2 oz-eq	Taco Salad = 3 oz-eq	Mac & Cheese = 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

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Menus that Move

Grades 9 – 12 • Summer • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	840 kcal/d
Saturated Fat	<10% of total kcal	6.9%
Sodium	≤1420 mg/d	1377mg/d
Trans Fat	0 g	0 g

Grades 9 – 12 • Summer • 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.		✗ 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 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, waffle cut fries, 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

Menus that Move

Grades 9 – 12 • Summer • Week 2 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	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 Cup Tortilla Scoops with Salsa Milk	Spicy Chicken Strips 2 Pkts Ketchup Sweet Potato Fries Coleslaw Pears Fruit Cocktail Whole-Grain Cookie Milk		
	Daily Totals						
Vegetables	1 cup	1-⅝ cups	1-½ cups	1-⅛ cups	1 cup	6-¼ cups	3-¾ cups
Dark Green			Tossed Side Salad = ½ cup	Broccoli = ½ cup		1 cup	½ cup
Red/Orange		Turkey Pita = ¼ cup Baby Carrots = ½ cup	Rotini & Meat Sauce = ¾ cup	Salsa = ½ cup	Sweet Potato Fries = ½ cup	2-½ cups	1-¼ cups
Beans/Legumes		Hummus = ¼ cup Bean & Corn Salad = ¼ cup		Beef & Refried Bean Burrito = ⅛ cup		⅝ cup	½ cup
Starchy	Potato Salad = ½ cup	Bean & Corn Salad = ⅛ cup				⅝ cup	½ cup
Other	Green Beans = ½ cup	Bean & Corn Salad = ⅛ cup Turkey Pita = ⅛ cup	Tossed Side Salad = ¼ cup		Coleslaw = ½ cup	1-½ cups	¾ cup
Fruits	Pineapple = ½ cup Summer Fruit Salad = ½ cup	Fresh Melon Balls = ½ cup (½ cup FRESH) Fruit Juice = ½ cup	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	5 cups
Grains	BBQ Chicken Sandwich = 2 oz-eq	Turkey Pita = 1 oz-eq Pretzels = 1 oz-eq	Rotini & Meat Sauce = 1.5 oz-eq Whole-Grain Roll = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq Tortilla Scoops = 1 oz-eq	Spicy Chicken Strips = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	11 oz-eq	10 – 12 oz-eq
Whole Grain-Rich	BBQ Chicken Sandwich = 2 oz-eq	Turkey Pita = 1 oz-eq	Rotini & Meat Sauce = 1.5 oz-eq Whole-Grain Roll = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	Whole-Grain Cookie = 1 oz-eq	8 oz-eq	½ grains are w/g
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	10 – 12 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

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Grades 9 – 12 • Summer • Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	796 kcal/d
Saturated Fat	<10% of total kcal	6.9%
Sodium	≤1420 mg/d	1362 mg/d
Trans Fat	0 g	0 g

Grades 9 – 12 • Summer • 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.	
	✔ 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 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

Menus that Move

Grades 9 – 12 • Summer • Week 3 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	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 Milk	Spicy Nachos Green Beans Fresh Red Grapes Fresh Apple Slices Mexican Rice Milk	Deli Sub 1 Tbsp Low-Fat Mayo Yogurt Fresh Veggies 2 Tbsp Reduced-Fat Ranch dressing Peaches Fruit Cocktail Milk		
	Daily Totals						
Vegetables	1-½ cups	1-¼ cups	1-⅜ cups	1 cup	1 cup	6-⅛ cups	3-¾ cups
Dark Green	Santa Fe Wrap = ¼ cup	Hatton Chicken Crunch = ⅝ cup			Broccoli = ¼ cup	1-⅛ cups	½ cup
Red/Orange	Baby Carrots = ½ cup Santa Fe Wrap = ¼ cup	Hatton Chicken Crunch = ⅛ cup	Classic Wedge Pizza = ⅛ cup	Salsa = ¼ cup	Carrots = ¼ cup	1-½ cups	1-¼ cups
Beans/Legumes	Hummus = ¼ cup			Spicy Nachos = ¼ cup		½ cup	½ cup
Starchy	Santa Fe Wrap = ¼ cup	Green Peas = ½ cup	California Casserole = ¼ cup Corn = ½ cup			1-½ cups	½ cup
Other			California Casserole = ½ cup	Green Beans = ½ cup	Cauliflower = ¼ cup Lettuce/Tomato = ¼ cup	1-½ cups	¾ cup
Fruits	Fresh Strawberries = ½ cup (½ cup FRESH) Applesauce Cup = ½ cup	Pineapple Chunks = ½ cup Fruit Juice = ½ cup	Mandarin Oranges = ½ cup Fresh Banana = ½ cup (½ cup FRESH)	Fresh Red Grapes = ½ cup (½ cup FRESH) Fresh Apple Slices = ½ cup (½ cup FRESH)	Peaches = ½ cup Fruit Cocktail = ½ cup	5 cups (2 cups FRESH)	5 cups
Grains	Santa Fe Wrap = 1 oz-eq Whole Grain Cookie = 1 oz-eq	Asian Brown Rice = 1 oz-eq Hatton Chicken Crunch = 1 oz-eq Fortune Cookie	Classic Wedge Pizza = 2.25 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq Mexican Rice = 1 oz-eq	Deli Sub = 2.5 oz-eq	11.25 oz-eq	10 – 12 oz-eq
Whole Grain-Rich	Santa Fe Wrap = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Asian Brown Rice = 1 oz-eq	Classic Wedge Pizza = 2.25 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq Mexican Rice = 1 oz-eq		10.25 oz-eq	½ grains are w/g
Meat /Meat Alt	Santa Fe Wrap = 2 oz-eq	Hatton Chicken Crunch = 2 oz-eq	Classic Wedge Pizza = 2 oz-eq	Spicy Nachos = 3 oz-eq	Deli Sub = 2 oz-eq Yogurt = 1 oz	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

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Menus that Move

Grades 9 – 12 • Summer • Week 3 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	801 kcal/d
Saturated Fat	<10% of total kcal	5.5%
Sodium	≤1420 mg/d	1265 mg/d
Trans Fat	0 g	0 g

Grades 9 – 12 • Summer • 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.		✗ 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 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

Menus that Move

Grades 9 – 12 • Summer • Week 4 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	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 Peach 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		
	Daily Totals						
Vegetables	1-¾ cups	1 cup	1 cup	1-¼ cups	1 cup	6 cups	3-¾ cups
Dark Green		Garlic Broccoli = ½ cup			Spinach Strawberry Salad = ½ cup	1 cup	½ cup
Red/Orange	Fresh Cucumber & Tomato Dip = ½ cup	Carrot Coins = ½ cup	Marinara Sauce = ½ cup	Eagle Tostada = ¼ cup		1-¾ cups	1-¼ cups
Beans/Legumes				Eagle Tostada = ¼ cup	Marinated Black Bean Salad = ¼ cup	½ cup	½ cup
Starchy				Mexicali Corn = ½ cup		½ cup	½ cup
Other	Fresh Cucumber & Tomato Dip = ½ cup Green Beans = ½ cup Chicken Philly = ¼ cup		Bright Broccoli Slaw = ½ cup	Eagle Tostada = ¼ cup	Marinated Black Bean Salad = ¼ cup	2-¼ cups	¾ cup
Fruits	Pears = ½ cup Fresh Orange = ½ cup (½ cup FRESH)	Apricots = ½ cup Fruit Juice = ½ cup	Peach Cup = ½ cup Northwest Apple Salad = ½ cup (½ cup FRESH)	Fresh Grapes = ½ cup (½ cup FRESH) Pineapple Chunks = ½ cup	Spinach Strawberry Salad = ½ cup (¼ cup FRESH) Strawberry Cup = ½ cup	5 cups (1-¾ cups FRESH)	5 cups
Grains	Chicken Philly = 2.5 oz-eq	Asian Brown Rice = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Cheese & Pepperoni Breadsticks = 2 oz-eq	Eagle Tostada = 1 oz-eq Mexican Rice = 1 oz-eq	Hamburger on a Bun = 2 oz-eq	10.5 oz-eq	10 – 12 oz-eq
Whole Grain-Rich	Chicken Philly = 2.5 oz-eq	Asian Brown Rice = 1 oz-eq Whole-Grain Cookie = 1 oz-eq		Eagle Tostada = 1 oz-eq Mexican Rice = 1 oz-eq	Hamburger on a Bun = 2 oz-eq	8.5 oz-eq	½ grains are w/g
Meat /Meat Alt	Chicken Philly = 3 oz-eq	Teriyaki Chicken = 2 oz-eq	Cheese & Pepperoni Breadsticks = 1 oz-eq Mozzarella Cheese Stick = 1 oz-eq	Eagle Tostada = 3 oz-eq	Hamburger on a Bun = 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

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Grades 9 – 12 • Summer • Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	775 kcal/d
Saturated Fat	<10% of total kcal	6.5%
Sodium	≤1420 mg/d	1280 mg/d
Trans Fat	0 g	0 g

Grades 9 – 12 • Summer • 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.		✗ 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 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

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Menus that Move

Grades 9 – 12 • Summer • Week 5 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
	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		
	Daily Totals						
Vegetables	1 cup	1 cup	1-¼ cups	1-¼ cups	1 cup	5-½ cups	3-¾ cups
Dark Green		Chicken Broccoli Bowl = ½ cup Broccoli Salad = ½ cup	Pizza Wrap = ⅛ cup		American Harvest Salad = 1 cup	2-⅛ cups	½ cup
Red/Orange	Carrots = ½ cup		Pizza Wrap = ⅛ cup Sweet Potato Fries = ½ cup	Salsa = ¼ cup		1-⅜ cups	1-¼ cups
Beans/Legumes				Quirky Quesadilla = ¼ cup Cowboy Corn Salad = ¼ cup		½ cup	½ cup
Starchy	Green Peas = ½ cup					½ cup	½ cup
Other			Green Beans = ½ cup	Cowboy Corn Salad = ½ cup		1 cup	¾ cup
Fruits	Fresh Banana = ½ cup (½ cup FRESH) Peaches = ½ cup	Mandarin Oranges = ½ cup Strawberry Cup -= ½ cup	Pears = ½ cup Fresh Apple Slices = ½ cup (½ cup FRESH)	Fresh Nectarine = ½ cup (½ cup FRESH) Pineapple = ½ cup	American Harvest Salad = ¼ cup (¼ cup FRESH) Fresh Melon = ½ cup (½ cup FRESH) Apricots = ½ cup	5-¼ cups (2-¼ cups FRESH)	5 cups
Grains	Chicken Alfredo with a Twist = 1 oz-eq Whole-Grain Roll = 1 oz-eq	Chicken Broccoli Bowl = 2 oz-eq	Pizza Wrap = 1.5 oz-eq Whole-Grain Roll = 1 oz-eq	Quirky Quesadilla = 1.5 oz-eq Tortilla Scoops = 1 oz-eq	American Harvest Salad = 1 oz-eq Cheese Breadstick = 1 oz-eq	11 oz-eq	10 – 12 oz-eq
Whole Grain-Rich	Chicken Alfredo with a Twist = 1 oz-eq Whole-Grain Roll = 1 oz-eq	Chicken Broccoli Bowl = 1 oz-eq	Pizza Wrap = 1.5 oz-eq Whole-Grain Roll = 1 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Cheese Breadstick = 1 oz-eq	8 oz-eq	½ grains are w/g
Meat /Meat Alt	Chicken Alfredo with a Twist = 2 oz-eq	Chicken Broccoli Bowl = 2 oz-eq	Pizza Wrap = 2 oz-eq	Quirky Quesadillas = 2 oz-eq	American Harvest Salad = 3 oz-eq Cheese Breadstick = 0.5 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

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.

Grades 9 – 12 • Summer • Week 5 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	808 kcal/d
Saturated Fat	<10% of total kcal	8.4%
Sodium	≤1420 mg/d	1232 mg/d
Trans Fat	0 g	0 g

Grades 9 – 12 • Summer • 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.		✗ 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 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