	Spring 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 Pears Fresh Grapes Whole-Grain Cookie Milk	Pepperoni Pizza Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Carrots Fresh Banana Berry Crisp Milk	Taco Salad 2 Tbsp Reduced-Fat Ranch Dressing Pears in Cherry Jell-O Apricots Tortilla Scoops with Salsa Milk	Mac & Cheese Fresh Veggies 2 Tbsp Reduced-Fat Ranch Dressing Cowboy Corn Salad Strawberry Cup Peaches Whole-Grain Roll Milk	
Week 2	BBQ Chicken Sandwich Quick Baked Potato Green Beans Pineapple Peach Cup Milk	Turkey Pita 1 Tbsp Reduced-Fat Ranch Dressing Baby Carrots with Ranch Baked Beans Apricots 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 and Refried Bean Burrito Garlic Broccoli Fresh Grapes Applesauce Tortilla Scoop with Salsa Milk	Spicy Chicken Strips Potato Rounds 2 Pkts Ketchup Coleslaw Pears Fruit Cocktail Whole-Grain Cookie	
Week 3	Santa Fe Wrap Baby Carrots with Hummus Spring Fruit Salad Applesauce Cup Brown Rice Milk	Hatton Chicken Crunch with Asian Brown Rice Green Peas Pineapple Chunks Fruit Juice Fortune Cookie Milk	Pepperoni Pizza California Casserole Corn Mandarin Oranges Fresh Banana Milk	Spicy Nachos with Salsa Green Beans Fresh Red Grapes Fresh Apple Slices Mexican Rice Milk	Hot Italian Sub with Marinara Sauce 1 Tbsp Reduced-Fat Italian Dressing Fresh Veggies 2 Tbsp Reduced-Fat Ranch Dressing Peaches Fruit Cocktail Whole-Grain Cookie Milk	
Week 4	Chicken Philly Fresh Cucumber & Tomato Dip Green Beans Pears Fresh Orange Milk	Teriyaki Chicken with Asian Brown Rice Garlic Broccoli Carrot Coins Apricots Peaches Whole-Grain Cookie Milk	Cheese & Pepperoni Breadstick with Marinara Sauce Mozzarella Cheese Stick Coleslaw Fresh Apple Slices 1 oz Caramel Dip Fruit Cocktail 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	Wokin' Orange Chicken with Brown Rice Broccoli Salad Mandarin Oranges Strawberry Cup Milk	Pizza Wrap Green Beans Sweet Potato Soufflé Pears Fresh Apple Slices Pretzels Milk	Quirky Quesadilla Cowboy Corn Salad Fresh Nectarine Pineapple Tortilla Scoops with Salsa Milk	American Harvest Salad 2 Tbsp Reduced-Fat Ranch Dressing Watermelon Chunks Apricots Cheesy Breadstick Milk	

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

**Grades 9 – 12 • Spring • Week 1 Meal Components** 

1-1/2 cups   1-1		Monday	Tuesday	Wednesday	Thursday	Friday		
		2 Pkts Ketchup Green Beans Pasta Salad Applesauce Pineapple	Chicken Wrap Waffle Fries 2 Pkts Ketchup Pears Fresh Grapes Whole-Grain Cookie	Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Carrots Fresh Banana Berry Crisp	2 Tbsp Reduced-Fat Ranch Dressing Pears in Cherry Jell-O Apricots Tortilla Scoops with Salsa	Fresh Veggies 2 Tbsp Reduced-Fat Ranch Dressing Cowboy Corn Salad Strawberry Cup Peaches Whole-Grain Roll		Weekly Totals
Tossed Side Salad =   Taco Salad = 1 cup   Secup   Secup   Tossed Side Salad =   Taco Salad = 1 cup   Secup   Tossed Side Salad =   Taco Salad = 1 cup   Secup   Tossed Side Salad =   Taco Salad =   Secup   Tossed Side Salad =   Taco Salad =   Secup	MEAL COMPONENTS	Daily Totals					ACTUAL	
Red/Orange   Pepperoni Pizza =   Yz cup   Pers = Yz cup   P	Vegetables	1-1/8 cups	1 cup	1-¾ cups	1-¾ cups	1-¾ cups	7 cups	3-¾ cups
Beans/Legumes   Pasta Salad = ¼ cup   Waffle Fries = ½ cup   Waffle Fries = ½ cup   Waffle Fries = ½ cup   Taco Salad = ¼ cup   ½ cu	Dark Green				Taco Salad = 1 cup		2 cups	½ cup
Starchy   Waffle Fries = ½ cup   Taco Salad = ¾ cup   Cowboy Corn Salad = ½ cup   ½ cup   ½ cup	Red/Orange			½ cup			1-5% cups	1-¼ cups
Green Beans = ½ cup Pasta Salad = 1½ cup Lettuce/Tomato = ½ cup Yz cup Fruits  Applesauce = ½ cup Pineapple = ½ cup Pineapple = ½ cup Pasta Salad = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad =	Beans/Legumes	Pasta Salad = ¼ cup					½ cup	½ cup
Pasta Salad = ½ cup Lettuce/Tomato = ½ cup ½ cup  Applesauce = ½ cup Pineapple = ½ cup Pineapple = ½ cup Pineapple = ½ cup Pineapple = ½ cup Pasta Salad = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Whole-Grain Cookie = 2 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Whole-Grain Cookie = 2 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Whole-Grain Cookie = 2 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 1 oz-eq Whole-Grain Cookie = 2 oz-eq Pasta Salad = 1 oz-eq Whole-Grain Cookie = 2 oz-eq Whole-Grain Roll = 1 oz-eq Wh	Starchy		Waffle Fries = ½ cup		Taco Salad = ¼ cup		¾ cup	½ cup
Pineapple = ½ cup   Fresh Grapes = ½ cup   (1 cup FRESH)   Berry Crisp = ½ cup   Apricots = ½ cup   Peaches = ½ cup   FRESH)    Grains   Hamburger on a Bun = 2 oz-eq   Pasta Salad = 1 oz-eq   Pasta Salad = 1 oz-eq    Whole Grain-Rich   Hamburger on a Bun = 2 oz-eq   Pasta Salad = 1 oz-eq    Whole-Grain Cookie = 1 oz-eq   Pepperoni Pizza = 2 oz-eq    Berry Crisp = 0.5 oz-eq    Berry Crisp = 0.5 oz-eq    Whole-Grain Roll = 1 oz-eq    Whole-Grain Cookie = 1 oz-eq    Whole-Grain Cookie = 1 oz-eq    Whole-Grain Cookie = 2 oz-eq    Berry Crisp = 0.5 oz-eq    Whole-Grain Roll = 1 oz-eq    Whole-Grain Roll = 1 oz-eq    Whole-Grain Roll = 1 oz-eq    Whole-Grain Cookie = 2 oz-eq    Berry Crisp = 0.5 oz-eq    Whole-Grain Roll = 1 oz-eq    Whole-Grain Roll = 1 oz-eq    Whole-Grain Roll = 2 oz-eq    Berry Crisp = 0.5 oz-eq    Whole-Grain Roll = 1 oz-eq    Berry Crisp = 0.5 oz-eq    Whole-Grain Roll = 1 oz-eq    Berry Crisp = 0.5 oz-eq    Whole-Grain Roll = 1 oz-eq    Berry Crisp = 0.5 oz-eq    Whole-Grain Roll = 1 oz-eq    Berry Crisp = 0.5 oz-eq    Whole-Grain Roll = 1 oz-eq    Berry Crisp = 0.5 oz-eq    Berry Cri	Other	Pasta Salad = ½ cup Lettuce/Tomato =	Chicken Wrap =			•	2-1/8 cups	34 cup
2 oz-eq Pasta Salad = 1 oz-eq  Whole-Grain Cookie = 1 oz-eq Whole-Grain Cookie = 1 oz-eq  Whole Grain-Rich Whole Grain-Rich Whole Grain-Rich Whole-Grain Cookie = 1 oz-eq  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  Whole-Grain Cookie = 1 oz-eq  Whole-Grain Cookie = 1 oz-eq  Whole-Grain Cookie = 1 oz-eq  Whole-Grain Cookie = 1 oz-eq  Whole-Grain Cookie = 1 oz-eq  Whole-Grain Cookie = 1 oz-eq  Whole-Grain Cookie = 2 oz-eq  Berry Crisp = 0.5 oz-eq  Berry Crisp = 0.5 oz-eq  Whole-Grain Roll = 1 oz-eq  Whole-Grain Roll = 1 oz-eq  Yz grains are w/g  Pepperoni Pizza = 2 oz-eq  Mac & Cheese = 2 oz-eq  10 - 12 oz-eq	Fruits		Fresh Grapes = ½ cup	(1 cup FRESH)	= ½ cup	½ cup	(1-½ cups	5 cups
2 oz-eq Pasta Salad = 1 oz-eq  Chicken Wrap = 1.5 oz-eq Whole-Grain Cookie = 1 oz-eq  Hamburger on a Bun = 2 oz-eq Pepperoni Pizza = 2 oz-eq 1 oz-eq	Grains	2 oz-eq	Chicken Wrap = 1.5 oz-eq Whole-Grain Cookie =	2 oz-eq	•	1 oz-eq Whole-Grain Roll =	12 oz-eq	10 – 12 oz-eq
2 oz-eq Chicken Wrap = 2 oz-eq 2 oz-eq 2 oz-eq	Whole Grain-Rich	2 oz-eq	Chicken Wrap = 1.5 oz-eq Whole-Grain Cookie =	2 oz-eq			9 oz-eq	½ grains are w/g
Milk = 1 cup 5 cups 5 cups	Meat /Meat Alt		Chicken Wrap =		Taco Salad = 3 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

**Ohio Department of Education** 

### Grades 9 - 12 · Spring · Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	839 kcal/d
Saturated Fat	<10% of total kcal	6.4%
Sodium	≤1420 mg/d	1414 mg/d
Trans Fat	0 g	0 g

### **Grades 9 – 12 • Spring • Week 1 HUSSC Criteria**

Meal		HUSSC Incentive Awards: Grades 9 – 12			
Component	Bronze	Silver	Gold	Gold of Distinction	
Vegetables	Offer <b>one</b> additional serving weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		
Fruit	1 fruit per week must be served fresh.	2 fruits per week must be served fresh.	3 fruits per week must be served fresh.	4 fruits per week must be served fresh.	
Grains		ninimum required grains ok must be whole grain- vings of whole grains are 2.	All grains offered n	nust be whole grain-rich.	
	At least three diffe the week.	rent types of whole grain-r	ich foods offered during	Only one whole grain-rich offering per week may be a grain-based dessert.	

# **Grades 9 – 12 • Spring • Week 1 Summary of USDA Foods**

#### **Fruits**

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

#### **Grains**

Rotini, whole-grain Tortillas, whole-grain, frozen

#### **Meats**

Beef, patties, frozen
Beef, taco filling, frozen
Cheese, cheddar, Reduced-Fat
Chicken, diced, frozen
Macaroni and cheese, reduced fat, frozen

#### **Vegetables**

Beans, black, canned, low-sodium Beans, green, frozen Beans, pinto, canned, low-sodium Corn, frozen Potatoes, waffle-cut fries, frozen Salsa, canned, low-sodium Tomatoes, marinara sauce, canned

# Grades 9 – 12 • Spring • Week 1 Summary of Recipes

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

**Grades 9 – 12 • Spring • Week 2 Meal Components** 

	Monday	Tuesday	Wednesday	Thursday	Friday		
	BBQ Chicken Sandwich Quick Baked Potato Green Beans Pineapple Peach Cup Milk	Turkey Pita 2 Tbsp Reduced-Fat Ranch Dressing Baby Carrots with Ranch Baked Beans Apricots 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 Garlic Broccoli Fresh Grapes Applesauce Tortilla Scoop with Salsa Milk	Spicy Chicken Strips Potato Rounds 2 Pkts Ketchup Coleslaw Pears Fruit Cocktail Whole-Grain Cookie	Weekly Totals	Weekly Totals
MEAL COMPONENTS	Daily Totals					ACTUAL	REQUIREMENT
Vegetables	1 cup	1-3/8 cups	1-½ cups	1-1/8 cups	1 cup	6 cups	3-¾ cups
Dark Green			Tossed Side Salad = ½ cup	Garlic Broccoli = ½ cup		1 cup	½ cup
Red/Orange		Turkey Pita = ¼ cup Baby Carrots with Ranch = ½ cup	Rotini & Meat Sauce = 34 cup	Salsa = ½ cup		2 cups	1-¼ cups
Beans/Legumes		Baked Beans = ½ cup		Beef and Refried Bean Burrito = 1/8 cup		5⁄8 cup	½ cup
Starchy	Quick Baked Potato = ½ cup				Potato Rounds = ½ cup	1 cup	½ cup
Other	Green Beans = ½ cup	Turkey Pita = 1/8 cup	Tossed Side Salad = 1/4 cup		Coleslaw = ½ cup	1-3/8 cups	34 cup
Fruits	Pineapple = ½ cup Peaches = ½ cup	Apricots = ½ cup Fruit Juice = ½ cup	Assorted Fresh Fruit = 1 cup (1 cup FRESH)	Fresh Grapes = ½ cup (½ cup FRESH) Applesauce = ½ cup	Pears = ½ cup Fruit Cocktail = ½ cup	5 cups (1-½ cups FRESH)	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 and Refried Bean Burrito = 1.5 oz-eq Tortilla Scoop = 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 and 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 and 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

### Grades 9 - 12 · Spring · Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	784 kcal/d
Saturated Fat	<10% of total kcal	6.7%
Sodium	≤1420 mg/d	1352 mg/d
Trans Fat	0 g	0 g

### **Grades 9 – 12 · Spring · Week 2 HUSSC Criteria**

Meal	HUSSC Incentive Awards: Grades 9 – 12					
Component	Bronze	Silver	Gold	Gold of Distinction		
Vegetables	Offer one additional any of three vegeta green, red and orange, d		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 m offered over a weel rich. Minimum of 8 servi required in grades 9 – 12	ngs of whole grains are	All grains offered m	ust be whole grain-rich.		
	At least three differ the week.	ent types of whole grain-r	ich foods offered during	Only one whole grain-rich offering per week may be a grain-based dessert.		

# Grades 9 – 12 • Spring • Week 2 Summary of USDA Foods

#### **Fruits**

Applesauce, canned, unsweetened 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, shredded Chicken, spicy strips, frozen

#### **Vegetables**

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

# Grades 9 – 12 • Spring • Week 2 Summary of Recipes

Beef & Refried Bean Burrito Garlic Broccoli Quick Potato Bake, USDA Rotini & Meat Sauce, (HS) Tossed Side Salad Turkey Pita

**Grades 9 – 12 • Spring • Week 3 Meal Components** 

	Monday	Tuesday	Wednesday	Thursday	Friday		
MEAL COMPONENTS	Santa Fe Wrap Baby Carrots with Hummus Spring Fruit Salad Applesauce Cup Brown Rice Milk  Daily Totals	Hatton Chicken Crunch with Asian Brown Rice Green Peas Pineapple Chunks Fruit Juice Fortune Cookie Milk	Pepperoni Pizza California Casserole Corn Mandarin Oranges Fresh Banana Milk	Spicy Nachos with Salsa Green Beans Fresh Red Grapes Fresh Apple Slices Mexican Rice Milk	Hot Italian Sub with Marinara Sauce 1 Tbsp Reduced-Fat Italian Dressing Fresh Veggies 2 Tbsp Reduced-Fat Ranch Dressing Peaches Fruit Cocktail Whole-Grain Cookie Milk	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1-½ cups	1-¼ cups	1-3/8 cups	1 cup	1 cup	6-1/8 cups	3-¾ cups
Dark Green	Santa Fe Wrap =	Hatton Chicken Crunch = 5/8 cup	1 00 cups	Τουρ	Broccoli = 1/4 cup	1-1/8 cups	½ cup
Red/Orange	Santa Fe Wrap = ¼ cup Baby Carrots = ½ cup	Hatton Chicken Crunch = 1/8 cup	Pepperoni Pizza = 1/8 cup	Salsa = ¼ cup	Carrots = ¼ cup Marinara Sauce = ¼ cup	1-¾ 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	1-¼ cups	34 cup
Fruits	Spring Fruit Salad = 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 Brown Rice = 1 oz-eq	Asian Brown Rice = 1 oz-eq Hatton Chicken Crunch = 1 oz-eq Fortune Cookie	Pepperoni Pizza = 2 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq Mexican Rice = 1 oz-eq	Hot Italian Sub = 2.5 oz-eq Whole-Grain Cookie = 1 oz-eq	12 oz-eq	10 – 12 oz-eq
Whole Grain-Rich	Santa Fe Wrap = 1 oz-eq Brown Rice = 1 oz-eq	Asian Brown Rice = 1 oz-eq	Pepperoni Pizza = 2 oz-eq	Whole-Grain Tortilla Chips = 1.5 oz-eq Mexican Rice = 1 oz-eq	Hot Italian Sub = 2.5 oz-eq Whole-Grain Cookie = 1 oz-eq	11 oz-eq	½ grains are w/g
Meat /Meat Alt	Santa Fe Wrap = 2 oz-eq	Hatton Chicken Crunch = 2 oz-eq	Pepperoni Pizza = 2 oz-eq	Spicy Nachos = 3 oz-eq	Hot Italian 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

### Grades 9 - 12 · Spring · Week 3 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	804 kcal/d
Saturated Fat	<10% of total kcal	5.9%
Sodium	≤1420 mg/d	1309 mg/d
Trans Fat	0 g	0 g

**HUSSC Incentive Awards: Grades 9 – 12** 

### Grades 9 - 12 · Spring · Week 3 HUSSC Criteria

Meal						
Component	Bronze	Silver	Gold	Gold of Distinction		
Vegetables	Offer <b>one</b> additional any of three vegetal green, red and orange, d		Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).			
Fruit	1 fruit per week must be served fresh.	2 fruits per week must be served fresh.	3 fruits per week must be served fresh.	4 fruits per week must be served fresh.		
Grains	Two-thirds of the mi offered over a week rich. Minimum of 8 servi required in grades 9 – 12		All grains offered must be whole grain-rich.			
	At least three difference the week.	ent types of whole grain-r	ich foods offered during	Only one whole grain-rich offering per week may be a grain-based dessert.		

# **Grades 9 – 12 • Spring • Week 3 Summary of USDA Foods**

#### **Fruits**

Applesauce, Cup Fruit cocktail, canned Peaches, canned

#### **Grains**

Rice, brown Tortillas, whole-grain, frozen

#### Meats

Beef, taco filling, Reduced-Fat, frozen Cheese, cheddar, Reduced-Fat Cheese, mozzarella, Reduced-Fat, frozen 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 Tomatoes, marinara sauce, canned

# Grades 9 – 12 • Spring • Week 3 Summary of Recipes

Asian Brown Rice California Casserole Hatton Chicken Crunch Hot Italian Sub Mexican Rice Santa Fe Wrap, (HS) Spicy Nachos Spring/Summer Fruit Salad

**Grades 9 – 12 • Spring • Week 4 Meal Components** 

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Chicken Philly Fresh Cucumber & Tomato Dip Green Beans Pears Fresh Orange Milk	Teriyaki Chicken with Asian Brown Rice Garlic Broccoli Carrot Coins Apricots Peaches Whole-Grain Cookie Milk	Cheese & Pepperoni Breadstick with Marinara Sauce Mozzarella Cheese Stick Coleslaw Fresh Apple Slices 1 oz Caramel Dip Fruit Cocktail 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	Weekly Totals	Weekly Totals
MEAL COMPONENTS	Daily Totals					ACTUAL	REQUIREMENT
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		Coleslaw = ½ cup	Eagle Tostada = ¼ cup	Marinated Black Bean Salad = ¼ cup	2-¼ cups	34 cup
Fruits	Pears = ½ cup Fresh Orange = ½ cup (½ cup FRESH)	Apricots = ½ cup Peaches = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH) Fruit Cocktail = ½ cup	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		Asian Brown Rice = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Cheese & Pepperoni Breadstick = 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 Breadstick = 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

### Grades 9 - 12 · Spring · Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	779 kcal/d
Saturated Fat	<10% of total kcal	6.5%
Sodium	≤1420 mg/d	1296 mg/d
Trans Fat	0 g	0 g

### **Grades 9 – 12 • Spring • Week 4 HUSSC Criteria**

Meal Component	HUSSC Incentive Awards: Grades 9 – 12				
	Bronze	Silver	Gold	Gold of Distinction	
Vegetables	Offer <b>one</b> additiona any of three vegeta green, red and orange, d		Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).		
Fruit	1 fruit per week must be served fresh.	2 fruits per week must be served fresh.	3 fruits per week must be served fresh.	4 fruits per week must be served fresh.	
Grains	Two-thirds of the m offered over a week rich. Minimum of 8 servir 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 • Spring • Week 4 Summary of USDA Foods

#### Fruits

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

#### **Grains**

Breadsticks, pepperoni & cheese, frozen Rice, brown Tortillas, corn Tortillas, whole-grain, frozen

#### Meats

Beef, patties, frozen
Beef, taco filling, Reduced-Fat, frozen
Cheese stick
Cheese, cheddar, Reduced-Fat, shredded
Cheese, mozzarella, Reduced-Fat
Chicken, fajita meat, frozen
Chicken, teriyaki, frozen

#### **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 • Spring • 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
Philly Chicken
Spinach Strawberry Salad

**Grades 9 – 12 • Spring • Week 5 Meal Components** 

	Monday	Tuesday	Wednesday	Thursday	Friday		
	Chicken Alfredo with a Twist Green Peas Carrots Fresh Banana Peaches Whole-Grain Roll 1 Pat Butter Milk	Wokin' Orange Chicken with Brown Rice Broccoli Salad Mandarin Oranges Strawberry Cup Milk	Pizza Wrap Green Beans Sweet Potato Soufflé Pears Fresh Apple Slices Pretzels Milk	Quirky Quesadilla Cowboy Corn Salad Fresh Nectarine Pineapple Tortilla Scoops with Salsa Milk	American Harvest Salad 2 Tbsp Reduced-Fat Ranch Dressing Watermelon Chunks Apricots Cheesy Bread Stick Milk	Weekly Totals	Weekly Totals
MEAL COMPONENTS	Daily Totals					ACTUAL	REQUIREMENT
Vegetables	1 cup	1 cup	1-¼ cups	1-¼ cups	1 cup	5-½ cups	3-¾ cups
Dark Green		Wokin' Orange Chicken = 1/8 cup Broccoli Salad = 1/2 cup	Pizza Wrap = 1/8 cup		American Harvest Salad = 1 cup	1-¾ cups	½ cup
Red/Orange	Carrots = ½ cup	Wokin' Orange Chicken = ¼ cup	Pizza Wrap = 1/8 cup Sweet Potato Soufflé = 1/2 cup	Salsa = ¼ cup		1-5/8 cups	1-1⁄4 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		Wokin' Orange Chicken = ½ cup	Green Beans = ½ cup	Cowboy Corn Salad = ½ cup		1-1/8 cups	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) Watermelon Chunks = 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	Brown Rice = 1 oz-eq Wokin' Orange Chicken = 1 oz-eq	Pizza Wrap = 1.5 oz-eq Pretzels = 1 oz-eq	Quirky Quesadilla = 1.5 oz-eq Tortilla Scoops = 1 oz-eq	Cheesy Bread Stick = 1 oz-eq American Harvest Salad = 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	Brown Rice = 1 oz-eq	Pizza Wrap = 1.5 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Cheesy Bread Stick = 1 oz-eq	7 oz-eq	½ grains are w/g
Meat /Meat Alt	Chicken Alfredo with a Twist = 2 oz-eq	Wokin' Orange Chicken = 2 oz-eq	Pizza Wrap = 2 oz-eq	Quirky Quesadilla = 2 oz-eq	American Harvest Salad = 3 oz-eq Cheesy Bread Stick = 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

### Grades 9 - 12 · Spring · Week 5 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750 – 850 kcal/d	813 kcal/d
Saturated Fat	<10% of total kcal	8.2%
Sodium	≤1420 mg/d	1208 mg/d
Trans Fat	0 g	0 g

### Grades 9 - 12 · Spring · Week 5 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades 9 – 12					
	Bronze	Silver	Gold	Gold of Distinction		
Vegetables	Offer <b>one</b> additiona any of three vegeta green, red and orange, d		Offer <b>two</b> additional servings weekly from any of three vegetable sub-groups (dark green, red and orange, dry beans and peas).			
Fruit	1 fruit per week must be served fresh.	2 fruits per week must be served fresh.	3 fruits per week must be served fresh.	4 fruits per week must be served fresh.		
Grains	Two-thirds of the monogram of		All grains offered m	ust 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 • Spring • Week 5 Summary of USDA Foods

#### **Fruits**

Apricots, canned Peaches, canned Pears, canned

#### **Grains**

Rice, brown 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, canned Tomatoes, marinara sauce, canned

# **Grades 9 – 12 • Spring • Week 5 Summary of Recipes**

American Harvest Salad Broccoli Salad Chicken Alfredo with a Twist Cowboy Corn Salad Pizza Wrap Quirky Quesadilla Sweet Potato Soufflé Wokin' Orange Chicken