## Menus that Move

| Spring Cycle Menu Grades 9－12 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Monday | Tuestay | Wednestay | Thurstay | Friday |
| 曾 | Hamburger on a Bun 2 Pkts Ketchup Green Beans Pasta Salad Applesauce Pineapple Milk＊ | Honey Mustard Chicken Wrap Waffle Fries <br> 2 Pkts Ketchup <br> Pears <br> Whole－Grain Cookie <br> Milk | Pepperoni Pizza <br> 2 Tbsp Reduced－Fat Ranch Carrots <br> Fresh Banana <br> Berry Crisp Milk | Taco Salad <br> 2 Tbsp Reduced－Fat Ranch Dressing <br> Apricots <br> Tortilla Scoops with Salsa Milk <br> Milk |  |
| 登 |  | Turkey Pita 1 Tbsp Reduced－Fat Ranch Dressing <br> Baked Beans <br> Apricots <br> Pretzels Milk <br> Milk | Rotini \＆Meat Sauc <br> 2 Tbsp Reduced－Fat Ranch dressing <br> Whole－Grain Roll <br> 1 Pat Butter Milk <br> Wik |  | Potato Rounds <br> Coleslaw <br> Pears <br> Fruit Cocktail <br> Whole－Grain Cookie |
| 感 |  | Hatton Chicken Crunch with Asia Brown Rice <br> Pineapple Chunk Fruit Juice Fortun Milk |  | Spicy Nachos with Salsa Green Beans Fresh Apple Slice Mexican Rice Milk | Hot Italian Sub with Marinara <br> Sauce 1 Tbsp Reduced－Fat Italian <br> Dressing Fresh Veggies <br> 2 Tbsp Reduced－Fat Ranch <br> Peaches <br> Fruit Cocktail <br> Whole－Grain Cookie Milk |
|  |  | Teriyaki Chicken with Asian <br> Brown Rice Garlic Broccoli <br> Carrot Coins <br> Apricots <br> Whole－Grain Cookie <br> Milk | Cheese \＆Pepperoni Breadstick with Marinara Sauce Mozzarella Cheese Stick Coleslaw <br> Fresh Apple Slices Fruit Cocktail Milk | Eagle Tostad Mexicali Corn Fresh Grapes Pineapple Chunks Mexican Ric Milk Milk | Marinated Black Bean Salad Spinach Strawberry Salad Strawberry Cup Milk |
| 索年 | 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 <br> Sweet Potato Soufflé Pears <br> Pretzels Milk | Quirky Quesadilla Cowboy Corn Sala Fresh Nectarine Pineapple Tortilla Scoops with Sals Milk | American Harvest Salad Dressing <br> Watermelon Chunks Apricots <br> Milk |

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

## Menus that Move

Grades 9-12•Spring•Week 1 Meal Components

|  | Monday | Tuesday | Wednesday | Thursday | Friday |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Hamburger on a Bun 2 Pkts Ketchup Green Beans Pasta Salad Applesauce Pineapple Milk | Honey Mustard <br> Chicken Wrap <br> Waffle Fries <br> 2 Pkts Ketchup <br> Pears <br> Fresh Grapes <br> Whole-Grain Cookie <br> Milk | Pepperoni Pizza Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Carrots Fresh Banana Berry Crisp Milk | Taco Salad <br> 2 Tbsp Reduced-Fat Ranch Dressing <br> Pears in Cherry Jell-0 <br> Apricots <br> Tortilla Scoops with Salsa <br> Milk | Mac \& Cheese Fresh Veggies 2 Tbsp Reduced-Fat Ranch Dressing Cowboy Corn Salad Strawberry Cup Peaches Whole-Grain Roll Milk | Weekly Totals | Is |
| MEAL COMPONENTS | Daily Totals |  |  |  |  | ACTUAL | REOUIREMENT |
| Vegetables | 1-1/8 cups | 1 cup | 1-3/8 cups | 1-3/4 cups | 1-3/4 cups | 7 cups | 3-3/4 cups |
| Dark Green |  |  | Tossed Side Salad = $1 / 2$ cup | Taco Salad = 1 cup | Broccoli Florets = $1 / 2$ cup | 2 cups | $1 / 2$ cup |
| Red/Orange |  |  | Pepperoni Pizza = $1 / 8$ cup <br> Carrots $=1 / 2$ cup | $\begin{aligned} & \text { Taco Salad }=1 / 4 \text { cup } \\ & \text { Salsa }=1 / 4 \text { cup } \end{aligned}$ | Cherry Tomato = $1 / 2$ cup | 1-5/8 cups | 1-1/4 cups |
| Beans/Legumes | Pasta Salad = 1/4 cup |  |  |  | Cowboy Corn Salad = $1 / 4$ cup | $1 / 2$ cup | $1 / 2$ cup |
| Starchy |  | Waffle Fries = $1 / 2$ cup |  | Taco Salad = 1/4 cup |  | 3/4 cup | $1 / 2$ cup |
| Other | ```Green Beans = 1/2 cup Pasta Salad = 1/8 cup Lettuce/Tomato = 1/4``` | Honey Mustard Chicken Wrap = $1 ⁄ 2$ cup | Tossed Side Salad = $1 / 4$ cup |  | Cowboy Corn Salad = $1 / 2$ cup | 2-1/8 cups | $3 / 4$ cup |
| Fruits | Applesauce $=1 / 2$ cup <br> Pineapple $=1 / 2$ cup | Pears = $1 / 2$ cup Fresh Grapes = $1 / 2$ cup ( $1 / 2$ cup FRESH) | Fresh Banana = 1 cup <br> (1 cup FRESH) <br> Berry Crisp = $1 / 4$ cup | ```Pears in Cherry Jell-0 = \(1 / 2\) cup Apricots = \(1 / 2\) cup``` | Strawberry Cup = $1 / 2$ cup <br> Peaches $=1 / 2$ cup | 5-1/4 cups (1-1/2 cups FRESH) | 5 cups |
| Grains | Hamburger on a Bun = 2 oz-eq <br> Pasta Salad = 1 oz-eq | Honey Mustard Chicken Wrap = 1.5 oz-eq <br> Whole-Grain Cookie = 1 oz-eq | $\begin{aligned} & \text { Pepperoni Pizza = } \\ & 2 \text { oz-eq } \\ & \text { Berry Crisp }=0.5 \text { oz-eq } \end{aligned}$ | $\begin{aligned} & \text { Tortilla Scoops = } \\ & 2 \text { oz-eq } \end{aligned}$ | Mac \& Cheese = 1 oz-eq <br> 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 <br> Whole-Grain Cookie = 1 oz-eq | $\begin{aligned} & \text { Pepperoni Pizza = } \\ & 2 \text { oz-eq } \\ & \text { Berry Crisp }=0.5 \text { oz-eq } \end{aligned}$ |  | Whole-Grain Roll = 1 oz-eq | 9 oz-eq | $1 / 2$ grains are w/g |
| Meat/Meat Alt | Hamburger on a Bun = 2 oz -eq | Honey Mustard Chicken Wrap = 2 oz-eq | Pepperoni Pizza = 2 oz-eq | Taco Salad $=3$ oz-eq | $\begin{aligned} & \text { Mac \& Cheese = } \\ & 2 \text { oz-eq } \end{aligned}$ | 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•Spríng • Week 1 Nutrient Breakdown |  |  |
| :--- | :--- | :--- |
| Meal Pattern Specifications | Goal | Actual Daily Average This Week |
| Calories | $750-850 \mathrm{kcal} / \mathrm{d}$ | $839 \mathrm{kcal} / \mathrm{d}$ |
| Saturated Fat | $<10 \%$ of total kcal | $6.4 \%$ |
| Sodium | $\leq 1420 \mathrm{mg} / \mathrm{d}$ | $1414 \mathrm{mg} / \mathrm{d}$ |
| Trans Fat | 0 g | 0 g |

Grades 9-12 •Spring•Week 1 HUSSC Criteria

| Meal <br> 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 grainrich. 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•Spring•Week 1 Summary of USDA Foods

Fruits
Applesauce, canned
Apricots, canned
Peaches, canned
Pears in Cherry Jell-0
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

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## Menus that Move

Grades 9-12•Spring•Week 2 Meal Components

| MEAL COMPONENTS | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Totals ACTUAL | Weekly Totals REOUIREMENT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | BBO Chicken Sandwich Quick Baked Potato Green Beans Pineapple Peach Cup Milk | Turkey Pita <br> 2 Tbsp Reduced-Fat Ranch Dressing <br> Baby Carrots with Ranch <br> Baked Beans <br> Apricots <br> Fruit Juice <br> Pretzels <br> 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 <br> Garlic Broccoli <br> Fresh Grapes <br> Applesauce <br> Tortilla Scoop with Salsa <br> Milk | Spicy Chicken Strips <br> Potato Rounds <br> 2 Pkts Ketchup <br> Coleslaw <br> Pears <br> Fruit Cocktail <br> Whole-Grain Cookie |  |  |
|  | Daily Totals |  |  |  |  |  |  |
| Vegetables | 1 cup | $1-3 / 8$ cups | 1-1/2 cups | 1-1/8 cups | 1 cup | 6 cups | 3-3/4 cups |
| Dark Green |  |  | $\begin{aligned} & \text { Tossed Side Salad = } \\ & 1 / 2 \text { cup } \end{aligned}$ | Garlic Broccoli = 1/2 cup |  | 1 cup | $1 / 2$ cup |
| Red/Orange |  | Turkey Pita = $1 / 4$ cup Baby Carrots with Ranch $=1 / 2$ cup | Rotini \& Meat Sauce = $3 / 4$ cup | Salsa $=1 / 2$ cup |  | 2 cups | 1-1/4 cups |
| Beans/Legumes |  | Baked Beans = $1 / 2$ cup |  | Beef and Refried Bean Burrito = $1 / 8$ cup |  | 5/8 cup | $1 / 2$ cup |
| Starchy | Quick Baked Potato = $1 / 2$ cup |  |  |  | Potato Rounds = $1 / 2$ cup | 1 cup | 1/2 cup |
| Other | Green Beans = $1 / 2$ cup | Turkey Pita = 1/8 cup | Tossed Side Salad = $1 / 4$ cup |  | Coleslaw = $1 / 2$ cup | 1-3/8 cups | 3/4 cup |
| Fruits | $\begin{aligned} & \text { Pineapple = ½ cup } \\ & \text { Peaches = } 1 / 2 \text { cup } \end{aligned}$ | Apricots = $1 / 2$ cup <br> Fruit Juice $=1 / 2$ cup | Assorted Fresh Fruit = 1 cup (1 cup FRESH) | Fresh Grapes = $1 / 2$ cup ( $1 / 2$ cup FRESH) <br> Applesauce = $1 / 2$ cup | $\begin{aligned} & \text { Pears = } 1 / 2 \text { cup } \\ & \text { Fruit Cocktail = } 1 / 2 \text { cup } \end{aligned}$ | $\begin{array}{\|l} \hline 5 \text { cups } \\ (1-1 / 2 \text { cups } \\ \text { FRESH) } \\ \hline \end{array}$ | 5 cups |
| Grains | BBO Chicken Sandwich = 2 oz-eq | Turkey Pita $=1$ oz-eq Pretzels = 1 oz-eq | ```Rotini \& Meat Sauce = \(1.5 \mathrm{oz}-\mathrm{eq}\) Whole-Grain Roll = 1 oz-eq``` | Beef and Refried Bean Burrito $=1.5 \mathrm{oz}-\mathrm{eq}$ 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 | BBO Chicken Sandwich = 2 oz-eq | Turkey Pita $=1 \mathrm{oz}-\mathrm{eq}$ | ```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 | $1 / 2$ grains are w/g |
| Meat/Meat Alt | BBO Chicken Sandwich $=2 \mathrm{oz}-\mathrm{eq}$ | Turkey Pita $=3$ oz-eq | Rotini \& Meat Sauce $=$ 3 oz-eq | Beef and Refried Bean Burrito $=2 \mathrm{oz}-\mathrm{eq}$ | Spicy Chicken Strips = 2 oz-eq | $12 \mathrm{oz-eq}$ | $10-12$ 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

| Meal Pattern Specifications | Goal | Actual Daily Average This Week |
| :---: | :---: | :---: |
| Calories | $750-850 \mathrm{kcal} / \mathrm{d}$ | $784 \mathrm{kca} / \mathrm{d}$ |
| Saturated Fat | <10\% of total kcal | 6.7\% |
| Sodium | $\leq 1420 \mathrm{mg} / \mathrm{d}$ | $1352 \mathrm{mg} / \mathrm{d}$ |
| Trans Fat | 0 g | 0 g |

Grades 9-12•Spring•Week 2 HUSSC Criteria

| Meal <br> 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 grainrich. 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•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

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## Menus that Move

Grades 9-12•Spring•Week 3 Meal Components

|  | Monday | Tuesday | Wednesday | Thursday | Friday |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Santa Fe Wrap <br> 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 <br> California Casserole <br> Corn <br> Mandarin Oranges <br> Fresh Banana <br> Milk | Spicy Nachos with Salsa <br> Green Beans <br> Fresh Red Grapes Fresh Apple Slices Mexican Rice Milk | Hot Italian Sub with Marinara Sauce <br> 1 Tbsp Reduced-Fat Italian Dressing Fresh Veggies 2 Tbsp Reduced-Fat Ranch Dressing Peaches Fruit Cocktail Whole-Grain Cookie Milk | Weekly Totals | Weekly Totals |
| MEAL COMPONENTS | Daily Totals |  |  |  |  | ACTUAL | REOUIREMENT |
| Vegetables | 1-1/2 cups | 1-1/4 cups | 1-38 cups | 1 cup | 1 cup | 6-18 cups | 3-3/4 cups |
| Dark Green | Santa Fe Wrap = $1 / 4$ cup | Hatton Chicken Crunch = 58 cup |  |  | Broccoli $=1 / 4$ cup | 1-18 cups | $1 / 2$ cup |
| Red/Orange | Santa Fe Wrap = $1 / 4$ cup Baby Carrots = $1 / 2$ cup | Hatton Chicken Crunch = $1 / 8$ cup | Pepperoni Pizza = 18 cup | Salsa $=1 / 4$ cup | $\begin{aligned} & \text { Carrots }=1 / 4 \text { cup } \\ & \text { Marinara Sauce }=1 / 4 \\ & \quad \text { cup } \end{aligned}$ | 1-3/4 cups | 1-1/4 cups |
| Beans/Legumes | Hummus = 114 cup |  |  | Spicy Nachos = 1/4 cup |  | $1 / 2$ cup | $1 / 2$ cup |
| Starchy | Santa Fe Wrap = $1 / 4$ cup | Green Peas = 112 cup | ```California Casserole = 1/4 Corn = 1/2 cup``` |  |  | 1-1/2 cups | $1 / 2$ cup |
| Other |  |  | $\begin{aligned} & \text { California Casserole = } \\ & 1 / 2 \text { cup } \end{aligned}$ | Green Beans = ½ cup | Cauliflower = 1/4 cup | 1-1/4 cups | $3 / 4$ cup |
| Fruits | Spring Fruit Salad = $1 / 2$ cup ( $1 / 2$ cup FRESH) <br> Applesauce Cup = $1 / 2$ cup | Pineapple Chunks = $1 / 2$ cup <br> Fruit Juice $=1 / 2$ cup | ```Mandarin Oranges = 1/2 cup Fresh Banana = 1/2 cup (1/2 cup FRESH)``` | Fresh Red Grapes = $1 / 2$ cup ( $1 / 2$ cup FRESH) <br> Fresh Apple Slices = $1 / 2$ cup ( $1 / 2$ cup FRESH) | ```Peaches = 1/2 cup Fruit Cocktail = 1/2 cup``` | $\begin{aligned} & 5 \text { cups } \\ & \text { (2 cups } \\ & \text { FRESH) } \end{aligned}$ | 5 cups |
| Grains | ```Santa Fe Wrap = 1 oz-eq Brown Rice = 1 oz-eq``` | Asian Brown Rice = $1 \mathrm{oz}-\mathrm{eq}$ Hatton Chicken Crunch = 1 oz-eq Fortune Cookie | $\begin{aligned} & \text { Pepperoni Pizza }=2 \\ & \text { oz-eq } \end{aligned}$ | Whole-Grain Tortilla Chips $=1.5 \mathrm{oz}-\mathrm{eq}$ Mexican Rice $=$ 1 oz-eq | ```Hot Italian Sub = 2.5 oz-eq Whole-Grain Cookie = 1 oz-eq``` | $12 \mathrm{oz}-\mathrm{eq}$ | $10-12$ oz-eq |
| Whole Grain-Rich | ```Santa Fe Wrap = 1 oz-eq Brown Rice = 1 oz-eq``` | Asian Brown Rice = $10 z-\mathrm{eq}$ | $\begin{aligned} & \text { Pepperoni Pizza = } \\ & 2 \text { oz-eq } \end{aligned}$ | Whole-Grain Tortilla Chips $=1.5 \mathrm{oz}-\mathrm{eq}$ Mexican Rice = $1 \mathrm{oz}-\mathrm{eq}$ | ```Hot Italian Sub = 2.5 oz-eq Whole-Grain Cookie = 1 oz-eq``` | 11 oz-eq | 112 grains are w/g |
| Meat/Meat Alt | $\begin{aligned} & \text { Santa Fe Wrap = } \\ & 2 \text { oz-eq } \end{aligned}$ | Hatton Chicken Crunch $=2 \mathrm{oz}-\mathrm{eq}$ | $\begin{aligned} & \text { Pepperoni Pizza = } \\ & 2 \text { oz-eq } \end{aligned}$ | $\begin{aligned} & \text { Spicy Nachos = } \\ & 3 \text { oz-eq } \end{aligned}$ | $\begin{aligned} & \text { Hot Italian Sub = } \\ & 2.5 \mathrm{oz}-\mathrm{eq} \end{aligned}$ | 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 |

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## Menus that Move

| Grades $9-12 \cdot$ Spring - Week 3 Nutrient Breakdown |  |  |
| :--- | :--- | :--- |
| Meal Pattern Specifications | Goal | Actual Daily Average This Week |
| Calories | $750-850 \mathrm{kcal} / \mathrm{d}$ | $804 \mathrm{kcal} / \mathrm{d}$ |
| Saturated Fat | $<10 \%$ of total kcal | $5.9 \%$ |
| Sodium | $\leq 1420 \mathrm{mg} / \mathrm{d}$ | $1309 \mathrm{mg} / \mathrm{d}$ |
| Trans Fat | 0 g | 0 g |

Grades 9-12•Spring•Week 3 HUSSC Criteria

| Meal Component | HUSSC Incentive Awards: |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | 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 |  | $\nabla_{\text {m }}^{2}$ fresh. |  | 4 fruits per week must be served fresh. |
| Grains | Two-thirds of the minimum required grains offered over a week must be whole grainrich. 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•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

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## Menus that Move

Grades 9-12•Spring•Week 4 Meal Components

| MEAL COMPONENTS | Monday | Tuesday | Wednesday | Thursday | Friday | Weekly Totals ACTUAL | Weekly Totals REOUREMENT |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 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 <br> Mozzarella Cheese Stick <br> Coleslaw <br> Fresh Apple Slices <br> 1 oz Caramel Dip <br> Fruit Cocktail <br> Milk | Eagle Tostada Mexicali Corn Fresh Grapes Pineapple Chunks Mexican Rice Milk | Hamburger on a Bun 2 Pkts Ketchup Marinated Black Bean Salad <br> Spinach Strawberry Salad <br> Strawberry Cup Milk |  |  |
|  | Daily Totals |  |  |  |  |  |  |
| Vegetables | 1-3/4 cups | 1 cup | 1 cup | 1-1/4 cups | 1 cup | 6 cups | 3-3/4 cups |
| Dark Green |  | Garlic Broccoli = $1 / 2$ cup |  |  | Spinach Strawberry Salad = ½ cup | 1 cup | $1 / 2$ cup |
| Red/Orange | Fresh Cucumber \& Tomato Dip = $1 / 2$ cup | Carrot Coins = $1 / 2$ cup | $\begin{aligned} & \text { Marinara Sauce }=1 / 2 \\ & \text { cup } \end{aligned}$ | Eagle Tostada = 1/4 cup |  | 1-3/4 cups | 1-1/4 cups |
| Beans/Legumes |  |  |  | Eagle Tostada = ¼ cup | $\begin{aligned} & \text { Marinated Black Bean } \\ & \text { Salad }=1 / 4 \text { cup } \\ & \hline \end{aligned}$ | $1 / 2$ cup | $1 / 2$ cup |
| Starchy |  |  |  | Mexicali Corn $=1 / 2$ cup |  | $1 / 2$ cup | $1 / 2$ cup |
| Other | $\begin{aligned} & \text { Fresh Cucumber \& } \\ & \text { Tomato Dip }=1 / 2 \text { cup } \\ & \text { Green Beans }=1 / 2 \text { cup } \\ & \text { Chicken Philly = } 1 / 4 \text { cup } \end{aligned}$ |  | Coleslaw = $1 / 2$ cup | Eagle Tostada = ¼ cup | Marinated Black Bean Salad $=1 / 4$ cup | 2-1/4 cups | $3 / 4$ cup |
| Fruits | Pears = $1 / 2$ cup Fresh Orange $=1 / 2$ cup ( $1 / 2$ cup FRESH) | $\begin{aligned} & \text { Apricots }=1 / 2 \text { cup } \\ & \text { Peaches }=1 / 2 \text { cup } \end{aligned}$ | ```Fresh Apple Slices = 1/2 cup (1/2 cup FRESH) Fruit Cocktail = 1/2 cup``` | ```Fresh Grapes = 1/2 cup (1/2 cup FRESH) Pineapple Chunks = 1/2 cup``` | Spinach Strawberry <br> Salad = $1 / 2$ cup <br> ( $1 / 4$ cup FRESH) <br> Strawberry Cup = $1 / 2$ cup | 5 cups (1-3/4 cups FRESH) | 5 cups |
| Grains |  | Asian Brown Rice = 1 oz-eq <br> Whole-Grain Cookie = 1 oz-eq | Cheese \& Pepperoni Breadstick = $2 \text { oz-eq }$ | $\begin{aligned} & \text { Eagle Tostada }=1 \\ & \text { oz-eq } \\ & \text { Mexican Rice }=1 \text { oz-eq } \end{aligned}$ | Hamburger on a Bun = $2 \text { oz-eq }$ | 10.5 oz-eq | $10-12$ oz-eq |
| Whole Grain-Rich | $\begin{aligned} & \text { Chicken Philly = } \\ & 2.5 \mathrm{oz} \text {-eq } \end{aligned}$ | Asian Brown Rice = 1 oz-eq <br> 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 | $1 / 2$ grains are w/g |
| Meat/Meat Alt | $\begin{aligned} & \text { Chicken Philly = } \\ & 3 \text { oz-eq } \end{aligned}$ | Teriyaki Chicken = $2 \mathrm{oz}-\mathrm{eq}$ | Cheese \& Pepperoni Breadstick $=1$ oz-eq Mozzarella Cheese Stick = 1 oz-eq | $\begin{aligned} & \text { Eagle Tostada }= \\ & 3 \mathrm{oz}-\mathrm{eq} \end{aligned}$ | 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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## Menus that Move

| Grades $9-12 \cdot$ Spring |  | Goal |
| :--- | :--- | :--- |
| Meal Pattern Specifications | Goal | Nutrient Breakdown |
| Calories | $750-850 \mathrm{kcal} / \mathrm{d}$ | $779 \mathrm{kcal} / \mathrm{d}$ |
| Saturated Fat | $<10 \%$ of total kcal | $6.5 \%$ |
| Sodium | $\leq 1420 \mathrm{mg} / \mathrm{d}$ | $1296 \mathrm{mg} / \mathrm{d}$ |
| Trans Fat | 0 g | 0 g |

Grades 9-12•Spring•Week 4 HUSSC Criteria

| Meal <br> 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 |  |  | $\checkmark$ fresh. | 4 fruits per week must be served fresh. |
| Grains | Two-thirds of the minimum required grains offered over a week must be whole grainrich. 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•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

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## Menus that Move

Grades 9 - 12•Spring•Week 5 Meal Components

|  | Monday | Tuesday | Wednesday | Thursday | Friday |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Chicken Alfredo with a Twist <br> Green Peas <br> Carrots <br> Fresh Banana <br> Peaches <br> Whole-Grain Roll <br> 1 Pat Butter <br> Milk | Wokin' Orange Chicken with Brown Rice Broccoli Salad Mandarin Oranges Strawberry Cup Milk | Pizza Wrap <br> Green Beans <br> Sweet Potato Soufflé <br> Pears <br> Fresh Apple Slices <br> Pretzels <br> Milk | Quirky Quesadilla Cowboy Corn Salad Fresh Nectarine Pineapple Tortilla Scoops with Salsa Milk | American Harvest Salad <br> 2 Tbsp Reduced-Fat Ranch Dressing Watermelon Chunks Apricots Cheesy Bread Stick Milk | Weekly Totals | Weekly Totals |
| MEAL COMPONENTS | Daily Totals |  |  |  |  | ACTUAL | REOUIREMENT |
| Vegetables | 1 cup | 1 cup | 1-1/4 cups | 1-1/4 cups | 1 cup | 5-1/2 cups | 3-3/4 cups |
| Dark Green |  | Wokin' Orange Chicken = $1 / 8$ cup Broccoli Salad = $1 / 2$ cup | Pizza Wrap = 1/8 cup |  | American Harvest Salad = 1 cup | 1-3/4 cups | $1 / 2$ cup |
| Red/Orange | Carrots $=1 / 2$ cup | Wokin' Orange Chicken = 1/4 cup | Pizza Wrap = $1 / 8$ cup Sweet Potato Soufflé = $1 / 2$ cup | Salsa $=1 / 4$ cup |  | 1-5/8 cups | 1-1/4 cups |
| Beans/Legumes |  |  |  | ```Quirky Quesadilla = 1/4}\mathrm{ cup Cowboy Corn Salad = 1/4 cup``` |  | $1 / 2$ cup | $1 / 2$ cup |
| Starchy | Green Peas = 1⁄2 cup |  |  |  |  | 1/2 cup | 1/2 cup |
| Other |  | Wokin' Orange Chicken = $1 / 8$ cup | Green Beans = 1/2 cup | Cowboy Corn Salad = $1 / 2$ cup |  | 1-1/8 cups | $3 / 4$ cup |
| Fruits | Fresh Banana $=1 / 2$ cup ( $1 / 2$ cup FRESH) <br> Peaches $=1 / 2$ cup | Mandarin Oranges = $1 / 2$ cup <br> Strawberry cup = $1 / 2$ cup | ```Pears = 1/2 cup Fresh Apple Slices = 1/2 cup (1/2 cup FRESH)``` | $\begin{aligned} & \text { Fresh Nectarine = } \\ & 1 / 2 \text { cup } \\ & \text { (112 cup FRESH) } \\ & \text { Pineapple }=1 / 2 \text { cup } \end{aligned}$ | American Harvest <br> Salad = $1 / 4$ cup <br> ( $1 / 4$ cup FRESH) <br> Watermelon Chunks = $1 / 2$ cup <br> ( $1 / 2$ cup FRESH) <br> Apricots = $1 / 2$ cup | $\begin{aligned} & \text { 5-1/4/ cups } \\ & \text { (2-1/4 cups } \\ & \text { FRESH) } \end{aligned}$ | 5 cups |
| Grains | Chicken Alfredo with a Twist = 1 oz-eq Whole-Grain Roll = $1 \mathrm{oz}-\mathrm{eq}$ | Brown Rice $=1$ oz-eq Wokin' Orange Chicken = 1 oz-eq | $\begin{aligned} & \text { Pizza Wrap = } 1.5 \text { oz-eq } \\ & \text { Pretzels }=1 \text { oz-eq } \end{aligned}$ | ```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 | $\begin{aligned} & \text { Quirky Quesadilla = } \\ & 1.5 \text { oz-eq } \end{aligned}$ | $\begin{aligned} & \text { Cheesy Bread Stick = } \\ & 1 \text { oz-eq } \end{aligned}$ | 7 oz-eq | 1/2 grains are w/g |
| Meat/Meat Alt | Chicken Alfredo with a Twist $=20 \mathrm{oz}-\mathrm{eq}$ | Wokin' Orange Chicken = 2 oz-eq | Pizza Wrap = 2 oz-eq | $\begin{aligned} & \text { Quirky Quesadilla = } \\ & 2 \text { oz-eq } \end{aligned}$ | American Harvest Salad = 3 oz-eq <br> Cheesy Bread Stick = $0.5 \mathrm{oz}-\mathrm{eq}$ | 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 |

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## Menus that Move

| Grades $9-12 \cdot$ Spring •Week 5 | Nutrient Breakdown |  |
| :--- | :--- | :--- |
| Meal Pattern Specifications | Goal | Actual Daily Average This Week |
| Calories | $750-850 \mathrm{kcal} / \mathrm{d}$ | $813 \mathrm{kcal} / \mathrm{d}$ |
| Saturated Fat | $<10 \%$ of total kcal | $8.2 \%$ |
| Sodium | $\leq 1420 \mathrm{mg} / \mathrm{d}$ | $1208 \mathrm{mg} / \mathrm{d}$ |
| Trans Fat | 0 g | 0 g |

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

| Meal | HUSSC Incentive Awards: Grades 9-12 |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Component | 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 grainrich. 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•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

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