

Menus that Move

Winter Cycle Menu Grades K – 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun 2 Pkts Ketchup Blushing Pear Garlic Broccoli Baked Beans Milk*	Sweet Sesame Chicken with Asian Brown Rice Pineapple Chunks California Casserole Milk	2 Cheese & Pepperoni Breadsticks with Marinara Sauce Fresh Banana Spinach Strawberry Salad Milk	Walking Taco Refried Beans Fresh Apple Slices Whole-Grain Tortilla Chips Milk	Chicken Nuggets 1 oz BBQ Sauce Peaches Peas & Carrots Potato Rounds Whole-Wheat Dinner Roll Milk
Week 2	Grilled Cheese Sandwich Pears California Vegetable Blend Tomato Soup Milk	Hatton Chicken Crunch with Brown Rice Apricots Broccoli Milk	Rotini & Meat Sauce Chocolate Pudding Banana Slices Green Beans Milk	Beef & Refried Bean Burrito with Salsa Fresh Tangerine Corn Milk	BBQ Chicken Sandwich Peaches in Gelatin Peas & Carrots Baked Beans Milk
Week 3	Chicken Nuggets Pineapple Sweet Potato Soufflé Green Beans Milk	Chicken Broccoli Bowl Peaches California Blend Milk	Cheese Pizza Pears in Cherry Jell-O Carrots & Hummus Milk	Quirky Quesadilla Fresh Orange Wedges Corn Milk	Mac & Cheese Fresh Grapes Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Whole-Grain Chocolate Chip Cookie Milk
Week 4	Chicken on a Bun 1 Tbsp Low-Fat Mayo Applesauce Lemon Broccoli Milk	Teriyaki Chicken with Brown Rice Peaches Spinach Strawberry Salad Baby Carrots with Ranch Milk	Mini Meatball Sub with Marinara Sauce Pears in Cherry Jell-O California Casserole Milk	Mexican Pasta Fresh Tangerine Fruit Juice Refried Beans Golden Corn & Carrots Milk	Mini Corn Dogs Strawberry Cup Potato Wedges 2 Pkts Ketchup Milk
Week 5	Sock-Rockin' Chili Peach Cup Green Beans Whole-Grain Roll 1 Pat Butter Milk	Sweet & Sour Chicken Nuggets with Brown Rice Fresh Apple Slices Corn California Blend Milk	Chicken Alfredo with a Twist Fresh Banana Garlic Broccoli Milk	Eagle Tostada Pineapple Chunks Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Whole-Grain Cookie Milk	Chicken Pot-Pie Fruit Juice Carrots Whole-Grain Roll Milk

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

Menus that Move

Grades K – 8 • Winter • Week 1 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
MEAL COMPONENTS	Hamburger on a Bun 2 Pkts Ketchup Blushing Pear Garlic Broccoli Baked Beans Milk	Sweet Sesame Chicken Stir Fry with Asian Brown Rice Pineapple Chunks California Casserole Milk	2 Cheese & Pepperoni Breadsticks with Marinara Sauce Fresh Banana Spinach Strawberry Salad Milk	Walking Taco Refried Beans Fresh Apple Slices Whole-Grain Tortilla Chips Milk	Chicken Nuggets 1 oz BBQ Sauce Peaches Peas & Carrots Potato Rounds Whole-Wheat Dinner Roll Milk		
Vegetables	1 cup	1-¼ cup	1 cup	1 cup	1 cup	5-¼ cup	3-¾ cups
Dark Green	Garlic Broccoli = ½ cup		Spinach Strawberry Salad = ½ cup			1 cup	½ cup
Red/Orange		Sweet Sesame Chicken Stir Fry = ¾ cup	Marinara Sauce = ½ cup	Walking Taco = ¼ cup		1-⅛ cup	¾ cup
Beans/Legumes	Baked Beans = ¼ cup			Refried Beans = ¼ cup		½ cup	½ cup
Starchy		California Casserole = ¼ cup			Potato Rounds = ½ cup	¾ cup	½ cup
Other	Lettuce/Tomato = ¼ cup	Sweet Sesame Chicken Stir Fry = 1/8 cup California Casserole = ½ cup		Walking Taco = ½ cup	Peas & Carrots = ½ cup	1-7/8 cup	½ cup
Fruits	Blushing Pear = ½ cup	Pineapple Chunks = ½ cup	Spinach Strawberry Salad = ½ cup (¼ cup FRESH) Banana = ½ cup (½ cup FRESH)	Fresh Apple Slices = ½ cup (½ cup FRESH)	Peaches = ½ cup	3 cups (1-¼ cups FRESH)	2 ½ cups
Grains	Hamburger on a Bun = 2 oz-eq	Asian Brown Rice = 1 oz-eq	Cheese & Pepperoni Breadsticks = 2 oz-eq	Whole Grain Tortilla Chips = 1.5 oz-eq	Chicken Nuggets = 1 oz-eq Whole-Wheat Dinner Roll = 1 oz-eq	8.5 oz-eq	8–9 oz-eq
Whole Grain-Rich	Hamburger on a Bun = 2 oz-eq	Asian Brown Rice = 1 oz-eq		Whole Grain Tortilla Chips = 1.5 oz-eq	Whole-Wheat Dinner Roll = 1 oz-eq	5.5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Hamburger on a Bun = 2 oz-eq	Sweet Sesame Chicken Stir Fry = 2 oz-eq	Cheese & Pepperoni Breadsticks = 1 oz-eq	Walking Taco = 3 oz-eq	Chicken Nuggets = 2 oz-eq	10 oz-eq	9–10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

Menus that Move

Grades K – 8 • Winter • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650kcal/d	632 kcal/d
Saturated Fat	<10% of total kcal	6%
Sodium	≤1230mg/d	1152 mg/d
Trans Fat	0g	0g

Grades K – 8 • Winter • Week 1 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	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 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8.			■ All grains offered must be whole grain-rich.
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Winter • Week 1 Summary of USDA Foods

Fruits

Peaches, canned
Pears, canned

Grains

Cheese & Pepperoni Breadsticks, frozen
Rice, brown

Meats

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

Vegetables

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

Grades K – 8 • Winter • Week 1 Summary of Recipes

Asian Brown Rice
California Casserole
Garlic Broccoli
Spinach Strawberry Salad
Sweet Sesame Chicken Stir Fry, (ES)
Walking Taco

Menus that Move

Grades K – 8 • Winter • Week 2 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
MEAL COMPONENTS	Grilled Cheese Sandwich Pears California Vegetable Blend Tomato Soup Milk	Hatton Chicken Crunch with Brown Rice Apricots Broccoli Milk	Rotini & Meat Sauce Green Beans Chocolate Pudding Banana Slices Milk	Beef & Refried Bean Burrito with Salsa Fresh Tangerine Corn Milk	BBQ Chicken Sandwich Peaches in Gelatin Peas & Carrots Baked Beans Milk		
						Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	¾ cup	1-¼ cups	1 cup	7/8 cup	1 cup	4-7/8 cups	3-¾ cups
Dark Green		Hatton Chicken Crunch = 5/8 cup Broccoli = ½ cup				1-1/8 cups	½ cup
Red/Orange	Tomato Soup = ¼ cup	Hatton Chicken Crunch = 1/8 cup	Rotini & Meat Sauce = ½ cup	Salsa = ¼ cup		1-1/8 cups	¾ cup
Beans/Legumes				Refried beans = 1/8 cup	Baked Beans = ½ cup	5/8 cup	½ cup
Starchy				Corn = ½ cup		½ cup	½ cup
Other	California Vegetable Blend = ½ cup		Green Beans = ½ cup		Peas & carrots = ½ cup	1 ½ cup	½ cup
Fruits	Pears = ½ cup	Apricots = ½ cup	Banana Slices = ½ cup (½ cup FRESH)	Fresh Tangerine = ½ cup (½ cup FRESH)	Peaches in Gelatin = ½ cup	2 ½ cups (1 cup FRESH)	2 ½ cups
Grains	Grilled Cheese Sandwich = 2 oz-eq	Brown Rice = 1 oz-eq Hatton Chicken Crunch = 1 oz-eq	Rotini & Meat Sauce = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	BBQ Chicken Sandwich = 2 oz-eq	8.5 oz-eq	8–9 oz-eq
Whole Grain-Rich	Grilled Cheese Sandwich = 2 oz-eq	Brown Rice = 1 oz-eq	Rotini & Meat Sauce = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	BBQ Chicken Sandwich = 2 oz-eq	7.5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Grilled Cheese Sandwich = 1.5 oz	Hatton Chicken Crunch = 2 oz	Rotini & Meat Sauce = 2 oz	Beef & Refried Bean Burrito = 2 oz	BBQ Chicken Sandwich = 2 oz	9.5 oz-eq	9–10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

Menus that Move

Grades K – 8 • Winter • Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650kcal/d	629 kcal/d
Saturated Fat	<10% of total kcal	6.9%
Sodium	≤1230mg/d	1065 mg/d
Trans Fat	0g	0g

Grades K – 8 • Winter • Week 2 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	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 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8. offered weekly must be whole grain-rich.		■ All grains offered must be whole grain-rich.	
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Winter • Week 2 Summary of USDA Foods

Fruits

Apricots, canned
Pears, canned
Strawberries, frozen cups

Grains

Rice, brown
Rotini, whole-grain
Tortilla, whole-grain, frozen

Meats

Beef, meat sauce, Reduced-Fat, frozen
Beef, taco filling, Reduced-Fat, frozen
Cheese, American, Reduced-Fat, sliced
Cheese, cheddar, Reduced-Fat
Chicken, popcorn, frozen

Vegetables

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

Grades K – 8 • Winter • Week 2 Summary of Recipes

Beef & Refried Bean Burrito
Hatton Chicken Crunch
Rotini & Meat Sauce, (ES)

Menus that Move

Grades K – 8 • Winter • Week 3 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
MEAL COMPONENTS	Chicken Nuggets Pineapple Sweet Potato Soufflé Green Beans Milk	Chicken Broccoli Bowl Peaches California Blend Milk	Cheese Pizza Pears in Cherry Jell-O Carrots & Hummus Milk	Quirky Quesadilla Fresh Orange Wedges Corn Milk	Mac & Cheese Fresh Grapes Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Whole-Grain Chocolate Chip Cookie Milk		
Vegetables	1 cup	1 cup	¾ cup	¾ cup	¾ cup	4-¼ cups	3-¾ cups
Dark Green		Chicken Broccoli Bowl = ½ cup			Tossed Side Salad = ½ cup	1 cup	½ cup
Red/Orange	Sweet Potato Soufflé = ½ cup		Carrots = ½ cup			1 cup	¾ cup
Beans/Legumes			Hummus = ¼ cup	Quirky Quesadilla = ¼ cup		½ cup	½ cup
Starchy				Corn = ½ cup		½ cup	½ cup
Other	Green beans = ½ cup	California Blend = ½ cup			Tossed Side Salad = ¼ cup	1-¼ cups	½ cup
Fruits	Pineapple = ½ cup	Peaches = ½ cup	Pears in Cherry Jell-O = ½ cup	Fresh Orange Wedge = ½ cup (½ cup FRESH)	Fresh Grapes = ½ cup (½ cup FRESH)	2-½ cups (1 cup FRESH)	2 ½ cups
Grains	Chicken Nuggets = 1 oz-eq	Chicken Broccoli Bowl = 2 oz-eq	Cheese Pizza = 2.25 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Mac & Cheese = 1 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	8.75 oz-eq	8–9 oz-eq
Whole Grain-Rich		Chicken Broccoli Bowl = 1 oz-eq	Cheese Pizza = 2.25 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Whole-Grain Chocolate Chip Cookie = 1 oz-eq	5.75 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Chicken Nuggets = 2 oz-eq	Chicken Broccoli Bowl = 2 oz-eq	Cheese Pizza = 2 oz-eq	Quirky Quesadilla = 2 oz-eq	Mac & Cheese = 2 oz-eq	10 oz-eq	9–10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

Menus that Move

Grades K – 8 • Winter • Week 3 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650 kcal/d	627 kcal/d
Saturated Fat	<10% of total kcal	7.8%
Sodium	≤1230 mg/d	1068 mg/d
Trans Fat	0g	0g

Grades K – 8 • Winter • Week 3 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	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 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8. Offered weekly must be whole grain-rich.			■ All grains offered must be whole grain-rich.
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Winter • Week 3 Summary of USDA Foods

Fruits

Peaches, canned
Pears in Cherry Jell-O

Grains

Spaghetti, whole-grain
Tortillas, whole-grain, frozen

Meats

Beef, taco filling, frozen, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Chicken, nuggets, frozen
Chicken, popcorn, frozen
Mac & Cheese, frozen, Reduced-Fat

Vegetables

Beans, green, frozen
Beans, refried, canned, low-sodium
Carrots, frozen
Corn, frozen
Sweet Potatoes, canned, light syrup, low-sodium

Grades K – 8 • Winter • Week 3 Summary of Recipes

Chicken Broccoli Bowl
Quirky Quesadillas
Tossed Side Salad
Sweet Potato Soufflé

Menus that Move

Grades K – 8 • Winter • Week 4 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
MEAL COMPONENTS	Chicken on a Bun 1 Tbsp Low-Fat Mayo Applesauce Lemon Broccoli Milk	Teriyaki Chicken with Brown Rice Peaches Spinach Strawberry Salad Baby Carrots with Ranch Milk	Mini Meatball Sub with Marinara Sauce Pears in Cherry Jell-O California Casserole Milk	Mexican Pasta Fresh Tangerine Fruit Juice Refried Beans Golden Corn & Carrots Milk	Mini Corn Dogs (4 each) Strawberry Cup Potato Wedges 2 Pkts Ketchup Milk		
						Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	¾ cup	1 cup	1-¼ cup	1-¼ cups	¾ cup	5 cups	3-¾ cups
Dark Green	Lemon Broccoli = ½ cup	Spinach Strawberry Salad = ½ cup				1 cup	½ cup
Red/Orange		Baby Carrots = ½ cup	Marinara Sauce = ¼ cup Mini Meatball Sub = ¼ cup	Mexican Pasta = ¼ cup		1-¼ cups	¾ cup
Beans/Legumes				Refried Beans = ½ cup		½ cup	½ cup
Starchy			California Casserole = ¼ cup		Potato Wedges = ¾ cup	1 cup	½ cup
Other	Lettuce/Tomato = ¼ cup		California Casserole = ½ cup	Golden Corn & Carrots = ½ cup		1-¼ cup	½ cup
Fruits	Applesauce = ½ cup	Peaches = ½ cup Spinach Strawberry Salad = ½ cup (¼ cup FRESH)	Pears in Cherry Jell-O = ½ cup	Fresh Tangerine – ½ cup (½ cup FRESH) Fruit Juice = ½ cup	Strawberry Cup = ½ cup	3 ½ cups (¾ cup FRESH)	2 ½ cups
Grains	Chicken on a Bun = 3 oz-eq	Brown Rice = 1 oz-eq	Mini Meatball Sub = 2 oz-eq	Mexican Pasta = 1 oz-eq	Corn Dogs = 2 oz-eq	9 oz-eq	8–9 oz-eq
Whole Grain-Rich	Chicken on a Bun = 2 oz-eq	Brown Rice = 1 oz-eq	Mini Meatball Sub = 2 oz-eq			5 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Chicken on a Bun = 2 oz-eq	Teriyaki Chicken = 2 oz-eq	Mini Meatball Sub = 1.5 oz-eq	Mexican Pasta = 2 oz-eq	Corn Dogs = 2 oz-eq	9.5 oz-eq	9–10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

Menus that Move

Grades K – 8 • Winter • Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650kcal/d	622 kcal/d
Saturated Fat	<10% of total kcal	5.8%
Sodium	≤1230mg/d	1088 mg/d
Trans Fat	0g	0g

Grades K – 8 • Winter • Week 4 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K – 8			
	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 6 whole grains are required in grades K – 5. Minimum of 7 servings of whole grains are required in grades 6 – 8. offered weekly must be whole grain-rich.			■ All grains offered must be whole grain-rich.
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades K – 8 • Winter • Week 4 Summary of USDA Foods

Fruits

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

Grains

Rice, brown

Meats

Beef, crumbles, frozen
Beef, meat balls, frozen
Cheese, mozzarella, Reduced-Fat
Chicken, breaded patties, frozen
Chicken, teriyaki, frozen

Vegetables

Beans, refried, canned, low-sodium
Carrots, frozen
Corn, frozen
Potatoes, rounds, frozen
Potatoes, wedges, frozen
Tomatoes, diced, canned
Tomatoes, marinara sauce, canned
Tomatoes, sauce, low-sodium

Grades K – 8 • Winter • Week 4 Summary of Recipes

California Casserole
Golden Corn and Carrots
Mexican Pasta
Lemon Broccoli
Mini Meatball Sub
Spinach Strawberry Salad

Menus that Move

Grades K – 8 • Winter • Week 5 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
MEAL COMPONENTS	Sock-Rockin' Chili Peach Cup Green Beans Whole-Grain Roll 1 Pat Butter Milk	Sweet & Sour Chicken Nuggets with Brown Rice Fresh Apple Slices Corn California Blend Milk	Chicken Alfredo with a Twist Fresh Banana Garlic Broccoli Milk	Eagle Tostada Pineapple Chunks Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Whole-Grain Cookie Milk	Chicken Pot-Pie Fruit Juice Carrots Whole-Grain Roll Milk		
Vegetables	1-½ cups	1 cup	¾ cup	1-½ cups	¾ cup	5-½ cups	3-¾ cups
Dark Green			Garlic Broccoli = ¾ cup	Tossed Side Salad = ½ cup		1-¼ cups	½ cup
Red/Orange	Sock-Rockin' Chili = ½ cup			Eagle Tostada = ¼ cup	Carrots = ½ cup	1-¼ cups	¾ cup
Beans/Legumes	Sock-Rockin' Chili = ¼ cup			Eagle Tostada = ¼ cup		½ cup	½ cup
Starchy		Corn = ½ cup				½ cup	½ cup
Other	Sock-Rockin' Chili = ¼ cup Green beans = ½ cup	California Blend = ½ cup		Tossed Side Salad = ¼ cup Eagle Tostada = ¼ cup	Chicken Pot-Pie = ¼ cup	2 cups	½ cup
Fruits	Peaches = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH)	Fresh Banana = 1 cup (1 cup FRESH)	Pineapple Chunks = ½ cup	Fruit Juice = ½ cup	3 cups	2 ½ cups
Grains	Whole-Grain Roll = 1 oz-eq	Sweet & Sour Chicken Nuggets = 1 oz-eq Brown Rice = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq	Eagle Tostada = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Chicken Pot-Pie = 1 oz-eq Whole-Grain Roll = 1 oz-eq	8 oz-eq	8–9 oz-eq
Whole Grain-Rich	Whole-Grain Roll = 1 oz-eq	Brown Rice = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq	Eagle Tostada = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Whole-Grain Roll = 1 oz-eq	6 oz-eq	½ grains are w/g, 4 oz-eq
Meat /Meat Alt	Sock-Rockin' Chili = 2 oz-eq	Sweet & Sour Chicken Nuggets = 2 oz-eq	Chicken Alfredo with a Twist = 2 oz-eq	Eagle Tostada = 2 oz-eq	Chicken Pot-Pie = 2 oz-eq	10 oz-eq	9–10 oz-eq
Milk	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	Milk = 1 cup	5 cups	5 cups

Menus that Move

Grades K – 8 • Winter • Week 5 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	600–650 kcal/d	625 kcal/d
Saturated Fat	<10% of total kcal	8.4%
Sodium	≤1230 mg/d	729 mg/d
Trans Fat	0g	0g

Grades K – 8 • Winter • Week 5 HUSSC Criteria

Meal Component	HUSSC Incentive Awards: Grades K–5			
	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 6 whole grains are required in grades K–5. Minimum of 7 servings of whole grains are required in grades 6–8.		■ All grains offered must be whole grain-rich.	
	week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Meal Component	HUSSC Incentive Awards: Grades 6–8			
	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 6 whole grains are required in grades K–5. Minimum of 7 servings of whole grains are required in grades 6–8.		■ All grains offered must be whole grain-rich.	
	week.			■ Only one grain-rich offering per week may be a

Grades K – 8 • Winter • Week 5 Summary of USDA Foods

Fruits

Peaches, frozen cups

Grains

Rice, brown

Rotini, whole-grain

Tortillas, corn, whole-grain

Meats

Beef, taco filling, Reduced-Fat

Cheese, cheddar, Reduced-Fat

Chicken, diced, frozen

Chicken, nuggets, frozen

Beef, crumbles, frozen

Vegetables

Beans, black, canned, low-sodium

Beans, green, frozen

Beans, kidney, canned, low-sodium

Beans, refried, canned, low-sodium

Carrots, frozen

Corn, frozen

Tomatoes, diced, low-sodium

Tomatoes, sauce, canned, low-sodium

Grades K – 8 • Winter • Week 5 Summary of Recipes

Chicken Alfredo with a Twist

Chicken Pot Pie, USDA

Eagle Tostada, (ES)

Garlic Broccoli

Sock-Rockin' Chili

Sweet & Sour Chicken Nuggets

Tossed Side Salad