

Menus that Move

Winter Cycle Menu Grades 9 – 12

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hamburger on a Bun Broccoli Salad Seasoned Waffle Fries 2Pkts Ketchup Mandarin Oranges Pears Milk*	Sweet Sesame Chicken Stir Fry with Brown Rice California Blend Pineapple Chunks Peaches Whole-Grain Chocolate Chip Cookie Milk	Pepperoni Pizza Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Italian Vegetables Fresh Pear Cherry Crisp Milk	Sock-Rockin' Chili Fresh Apple Slices Apricots Cheesy Breadsticks with Marinara Sauce Milk	Spicy Chicken Strips 1 Tbsp Reduced-Fat Ranch dressing Sweet Potato Fries Bean & Corn Salad Fruit Cocktail Fresh Banana Whole-Grain Dinner Roll 1Milk
Week 2	BBQ Chicken Sandwich Fresh Cucumber & Tomato Dip Baked Beans Pears Strawberry Cup Milk	Sweet & Sour Chicken with Honey with Asian Brown Rice Green Beans Apricot Cup Peach Cup Milk	Rotini & Meat Sauce Garlic Broccoli Fresh Apple Slices Fresh Banana Whole-Grain Roll 1 Pat Butter Milk	Beef & Refried Bean Burrito Spinach Strawberry Salad Fruit Juice Tortilla Scoops with Salsa Milk	Hot Italian Sub 1 Tbsp Reduced-Fat Italian Dressing Orange-Glazed Carrots Potato Rounds 2 Pkts Ketchup Fruit Cocktail Fresh Grapes Milk
Week 3	Honey Mustard Chicken Wrap Golden Corn & Carrots Pineapple Chunks Peach Cup Whole-Grain Cookie Milk	Hatton Chicken Crunch with Asian Brown Rice Green Peas Mandarin Oranges Fresh Banana Milk	Classic Pizza Wedge California Casserole Carrots & Hummus Northwest Apple Salad Pears in Cherry Jell-O Milk	Eagle Tostada Bean & Corn Salad Fresh Tangerine Apricots Tortilla Scoops with Salsa Milk	Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Pears Fruit Cocktail Milk
Week 4	Chicken Philly Sweet Potato Fries Green Beans Pink Grapefruit Sections Peaches Milk	Teriyaki Chicken with Brown Rice Garlic Broccoli California Blend Apricot Cups Fruit Salad Milk	Veggie Lasagna Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Fresh Pear Mandarin Oranges Breadstick with Marinara Sauce Milk	Spicy Nachos Cowboy Corn Salad Fresh Apple Slices Fresh Banana Spanish Rice Milk	Turkey & Gravy Mashed Potatoes Green Beans Fruit Juice Peach Cup Whole-Wheat Roll 1 Pat Butter Whole-Grain Chocolate Chip Cookie Milk
Week 5	BBQ Pork on a Bun Baked Beans Vegetable Blend Pears Applesauce Milk	Wokin' Orange Chicken with Brown Rice Green Beans Mandarin Oranges Pineapple Milk	Chicken Alfredo with a Twist Garlic Broccoli Tossed Side Salad 2 Tbsp Reduced-Fat Ranch dressing Fresh Banana Mixed Fruit Whole-Grain Roll 1 Pat Butter Milk	Quirky Quesadilla Golden Corn Peaches Fresh Grapes Tortilla Scoops with Salsa Milk	Grilled Chicken on a Bun 1 Tbsp Reduced-Fat Mayo Fresh Veggies (Broccoli and Carrots 2 Tbsp Reduced-Fat Ranch Dressing Sweet Potato Soufflé Pears in Cherry Jell-O Fruit Juice Milk

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

Menus that Move

Grades 9 – 12 • Winter • Week 1 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday			
MEAL COMPONENTS	Hamburger on a Bun Broccoli Salad Seasoned Waffle Fries 2 Pkts Ketchup Mandarin Oranges Pears Milk	Sweet Sesame Chicken Stir Fry with Brown Rice California Blend Pineapple Chunks Peaches Whole-Grain Chocolate Chip Cookie Milk	Pepperoni Pizza Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Italian Vegetables Fresh Pear Cherry Crisp Milk	Sock-Rockin' Chili Fresh Apple Slices Apricots Cheesy Breadsticks with Marinara Sauce Milk	Spicy Chicken Strips 1 Tbsp Reduced-Fat Ranch Dressing Sweet Potato Fries Bean & Corn Salad Fruit Cocktail Fresh Banana Whole-Grain Dinner Roll Milk		Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1-¼ cups	1-½ cups	1-¼ cups	1-½ cups	1 cup	6-½ cups	5 cups	
Dark Green	Broccoli Salad = ½ cup	Sweet Sesame Chicken Stir Fry = ½ cup	Tossed Side Salad = ½ cup			1-½ cups	½ cup	
Red/Orange		Sweet Sesame Chicken Stir Fry = ¼ cup		Sock-Rockin' Chili = ½ cup Marinara Sauce = ½ cup	Sweet Potato Fries = ½ cup	1-¾ cups	1-¼ cups	
Beans/Legumes				Sock-Rockin' Chili = ¼ cup	Bean & Corn Salad = ¼ cup	½ cup	½ cup	
Starchy	Seasoned Waffle Fries = ½ cup				Bean & Corn Salad = ⅛ cup	⅝ cup	½ cup	
Other	Lettuce/Tomato = ¼ cup	Sweet Sesame Chicken Stir Fry = ¼ cup California Blend = ½ cup	Tossed Side Salad = ¼ cup Italian Vegetables = ½ cup	Sock-Rockin' Chili = ¼ cup	Bean & Corn Salad = ⅛ cup	2-⅛ cups	¾ cup	
Fruits	Mandarin Oranges = ½ cup Pears = ½ cup	Pineapple Chunks = ½ cup Peaches = ½ cup	Fresh Pear = ½ cup (½ cup FRESH) Cherry Crisp = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH) Apricots = ½ cup	Fruit Cocktail = ½ cup Fresh Banana = ½ cup (½ cup FRESH)	5 cups (1-½ cups FRESH)	5 cups	
Grains	Hamburger on a Bun = 2 oz-eq	Brown Rice = 2 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	Pepperoni Pizza = 2 oz-eq	Cheesy Breadsticks = 2 oz-eq	Spicy Chicken Strips = 1 oz-eq Whole-Grain Dinner Roll = 1 oz-eq	11 oz-eq	10–12 oz-eq	
Whole Grain-Rich	Hamburger on a Bun = 2 oz-eq	Brown Rice = 2 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	Pepperoni Pizza = 2 oz-eq	Cheesy Breadsticks = 2 oz-eq	Whole-Grain Dinner Roll = 1 oz-eq	10 oz-eq	½ grains are w/g	
Meat /Meat Alt	Hamburger on a Bun = 2 oz-eq	Sweet Sesame Chicken Stir Fry = 2 oz-eq	Pepperoni Pizza = 2 oz-eq	Sock-Rockin' Chili = 2 oz-eq Cheesy Breadsticks = 1 oz-eq	Spicy Chicken Strips = 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	

Schools must provide food labels to verify that all foods (or foods and ingredients) used in menus and recipes are trans fat free.
This institution is an equal opportunity provider.

Menus that Move

Grades 9 – 12 • Winter • Week 1 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	815 kcal/d
Saturated Fat	<10% of total kcal	6%
Sodium	≤1420mg/d	1177 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Winter • 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.
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades 9 – 12 • Winter • Week 1 Summary of USDA Foods

Fruits

Apricots, canned
Cherries, tart, canned
Fruit cocktail, canned
Peaches, canned
Pears, canned

Grains

Flour, whole-wheat
Oats
Rice, brown

Meats

Beef, crumbles, frozen
Beef, patties, frozen
Chicken, diced, frozen
Chicken, spicy strips, frozen

Vegetables

Beans, black, canned, low-sodium
Beans, kidney, canned, low-sodium
Beans, pinto, canned, low-sodium
Black-eyed peas, canned, low-sodium
Carrots, frozen
Corn, frozen
Potatoes, waffle fries, frozen
Sweet potatoes, fries, frozen
Tomatoes, diced, canned, low-sodium
Tomatoes, marinara sauce, canned
Tomatoes, sauce, canned, low-sodium

Grades 9 – 12 • Winter • Week 1 Summary of Recipes

Bean & Corn Salad
Broccoli Salad
Cherry Crisp, USDA
Sock-Rockin' Chili
Sweet Sesame Chicken Stir Fry, (HS)
Tossed Side Salad

Menus that Move

Grades 9 – 12 • Winter • Week 2 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday			
MEAL COMPONENTS	BBQ Chicken Sandwich Fresh Cucumber & Tomato Dip Baked Beans Pears Strawberry Cup Milk	Sweet & Sour Chicken with Honey with Asian Brown Rice Green Beans Apricot Cup Peach Cup Milk	Rotini & Meat Sauce Garlic Broccoli Fresh Apple Slices Fresh Banana Whole-Grain Roll 1 Pat Butter Milk	Beef & Refried Bean Burrito Spinach Strawberry Salad Fruit Juice Tortilla Scoops with Salsa Milk	Hot Italian Sub 1 Tbsp Reduced-Fat Italian Dressing Orange-Glazed Carrots Potato Rounds 2 Pkts Ketchup Fruit Cocktail Fresh Grapes Milk		Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1-½ cups	1-¼ cups	1-¼ cups	1-¼ cups	1 cup	6-¼ cups	5 cups	
Dark Green		Sweet & Sour Chicken = ½ cup	Garlic Broccoli = ½ cup	Spinach Strawberry Salad = ½ cup		1-½ cups	½ cup	
Red/Orange	Fresh Cucumber & Tomato Dip = ½ cup	Sweet & Sour Chicken = ¼ cup	Rotini & Meat Sauce = ¾ cup	Salsa = ½ cup	Orange-Glazed Carrots = ½ cup	2-½ cups	1-¼ cups	
Beans/Legumes	Baked Beans = ½ cup			Beef & Refried Bean Burrito = ⅛ cup		⅝ cup	½ cup	
Starchy					Potato Rounds = ½ cup	½ cup	½ cup	
Other	Fresh Cucumber & Tomato Dip = ½ cup	Green Beans = ½ cup				1 cup	¾ cup	
Fruits	Pears = ½ cup Strawberry Cup = ½ cup	Apricot Cup = ½ cup Peach Cup = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH) Fresh Banana = ½ cup (½ cup FRESH)	Spinach Strawberry Salad = ½ cup (¼ cup FRESH) Fruit Juice = ½ cup	Fruit Cocktail = ½ cup Fresh Grapes = ½ cup (½ cup FRESH)	5 cups (1-¾ cups FRESH)	5 cups	
Grains	BBQ Chicken Sandwich = 2 oz-eq	Sweet & Sour Chicken with Honey = 1 oz-eq Asian Brown Rice = 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	Hot Italian Sub = 2.5 oz-eq	11.5 oz-eq	10–12 oz-eq	
Whole Grain-Rich	BBQ Chicken Sandwich = 2 oz-eq	Asian Brown Rice = 1 oz-eq	Rotini & Meat Sauce = 1.5 oz-eq Whole-Grain Roll = 1 oz-eq	Beef & Refried Bean Burrito = 1.5 oz-eq	Hot Italian Sub = 2.5 oz-eq	9.5 oz-eq	½ grains are w/g	
Meat /Meat Alt	BBQ Chicken Sandwich = 2 oz-eq	Sweet & Sour Chicken with Honey = 2 oz-eq	Rotini & Meat Sauce = 2 oz-eq	Beef & Refried Bean Burrito = 2 oz-eq	Hot Italian Sub = 2.5 oz-eq	10.5 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 • Winter • Week 2 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	783 kcal/d
Saturated Fat	<10% of total kcal	5.7%
Sodium	≤1420mg/d	1313 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Winter • 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.
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades 9 – 12 • Winter • Week 2 Summary of USDA Foods

Fruits

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

Grains

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

Meats

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

Vegetables

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

Grades 9 – 12 • Winter • Week 2 Summary of Recipes

Asian Brown Rice
Beef & Refried Bean Burrito
Fresh Cucumber & Tomato Dip
Garlic Broccoli
Hot Italian Sub
Orange-Glazed Carrots, USDA
Rotini & Meat Sauce, (HS)
Spinach Strawberry Salad
Sweet & Sour Chicken with Honey, (HS)

Menus that Move

Grades 9 – 12 • Winter • Week 3 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
MEAL COMPONENTS	Honey Mustard Chicken Wrap Golden Corn & Carrots Pineapple Chunks Peach Cup Whole-Grain Cookie Milk	Hatton Chicken Crunch with Asian Brown Rice Green Peas Mandarin Oranges Fresh Banana Milk	Classic Pizza Wedge California Casserole Carrots & Hummus Northwest Apple Salad Pears in Cherry Jell-O Milk	Eagle Tostada Bean & Corn Salad Fresh Tangerine Apricots Tortilla Scoops with Salsa Milk	Meatball Sub Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Pears Fruit Cocktail Milk		
						Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1 cup	1-¼ cups	1-½ cups	1-½ cups	1-¼ cups	6-½ cups	5 cups
Dark Green		Hatton Chicken Crunch = 5/8 cup			Tossed Side Salad = ½ cup	1-1/8 cups	½ cup
Red/Orange	Golden Corn & Carrots = ¼ cup	Hatton Chicken Crunch = 1/8 cup	Carrots = ½ cup	Eagle Tostada = ¼ cup Salsa = ¼ cup	Meatball Sub = ½ cup	1-7/8 cups	1-¼ cups
Beans/Legumes			Hummus = ¼ cup	Bean & Corn Salad = ¼ cup Eagle Tostada = ¼ cup		¾ cup	½ cup
Starchy	Golden Corn & Carrots = ¼ cup	Green Peas = ½ cup	California Casserole = ¼ cup	Bean & Corn Salad = 1/8 cup		1-1/8 cup	½ cup
Other	Honey Mustard Chicken Wrap = ½ cup		California Casserole = ½ cup	Bean & Corn Salad = 1/8 cup Eagle Tostada = ¼ cup	Tossed Side Salad = ¼ cup	1-5/8 cups	¾ cup
Fruits	Pineapple Chunks = ½ cup Peach Cup = ½ cup	Mandarin Oranges = ½ cup Fresh Banana = ½ cup (½ cup FRESH)	Northwest Apple Salad = ½ cup (½ cup FRESH) Pears in Cherry Jell-O = ½ cup	Fresh Tangerine = ½ cup (½ cup FRESH) Apricots = ½ cup	Pears = ½ cup Fruit Cocktail = ½ cup	5 cups (1-½ cups FRESH)	5 cups
Grains	Honey Mustard Chicken Wrap = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Asian Brown Rice = 1 oz-eq Hatton Chicken Crunch = 1 oz-eq	Classic Pizza Wedge = 2.25 oz-eq	Eagle Tostada = 1 oz-eq Tortilla Scoops = 1 oz-eq	Meatball Sub = 2.5 oz-eq	10.75 oz-eq	10–12 oz-eq
Whole Grain-Rich	Honey Mustard Chicken Wrap = 1 oz-eq Whole-Grain Cookie = 1 oz-eq	Asian Brown Rice = 1 oz-eq	Classic Pizza Wedge = 2.25 oz-eq	Eagle Tostada = 1 oz-eq	Meatball Sub = 2.5 oz-eq	8.75 oz-eq	½ grains are w/g
Meat /Meat Alt	Honey Mustard Chicken Wrap = 2 oz-eq	Hatton Chicken Crunch = 2 oz-eq	Classic Pizza Wedge = 2 oz-eq	Eagle Tostada = 3 oz-eq	Meatball 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

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Menus that Move

Grades 9 – 12 • Winter • Week 3 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	799 kcal/d
Saturated Fat	<10% of total kcal	5.8%
Sodium	≤1420 mg/d	1406 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Winter • 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.	
	the week.			🟢 Only one whole grain-rich offering per week may be a grain-based dessert.

Grades 9 – 12 • Winter • Week 3 Summary of USDA Foods

Fruits

Apricots, canned
Fruit cocktail, canned
Peaches, frozen cups
Pears in Cherry Jell-O
Pears, canned
Raisins

Grains

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

Meats

Beef, meatballs, frozen
Beef, taco filling, frozen, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Cheese, mozzarella, Reduced-Fat
Chicken, diced, frozen
Chicken, popcorn, frozen

Vegetables

Beans, pinto, canned, low-sodium
Beans, refried, canned low-sodium
Black-eyed peas, canned, low-sodium
Carrots, frozen
Corn, frozen
Potatoes, rounds, frozen
Salsa, canned, low-sodium
Tomatoes, marinara sauce, canned

Grades 9 – 12 • Winter • Week 3 Summary of Recipes

Asian Brown Rice
Bean & Corn Salad
California Casserole
Eagle Tostada, (HS)
Golden Corn & Carrots, USDA
Hatton Chicken Crunch
Honey Mustard Chicken Wrap
Meatball Sub, (HS)
Northwest Apple Salad
Tossed Side Salad

Menus that Move

Grades 9 – 12 • Winter • Week 4 Meal Components

	Monday	Tuesday	Wednesday	Thursday	Friday		
MEAL COMPONENTS	Chicken Philly Sweet Potato Fries Green Beans Pink Grapefruit Sections Peaches Milk	Teriyaki Chicken with Brown Rice Garlic Broccoli California Blend Apricot Cups Fruit Salad Milk	Veggie Lasagna Tossed Side Salad 2 Tbsp Reduced-Fat Ranch dressing Fresh Pear Mandarin Oranges Breadstick with Marinara Sauce Milk	Spicy Nachos Cowboy Corn Salad Fresh Apple Slices Fresh Banana Spanish Rice Milk	Turkey & Gravy Mashed Potatoes Green Beans Fruit Juice Peach Cup Whole-Wheat Roll 1 Pat Butter Whole-Grain Chocolate Chip Cookie Milk	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
Vegetables	1-¼ cups	1 cup	2 cups	1 cup	1 cup	6-¼ cups	5 cups
Dark Green		Garlic Broccoli = ½ cup	Veggie Lasagna = 1/8 cup Tossed Side Salad = ½ cup			1-1/8 cups	½ cup
Red/Orange	Sweet Potato Fries = ½ cup		Veggie Lasagna = 3/8 cup Marinara Sauce = ½ cup			1-3/8 cups	1-¼ cups
Beans/Legumes				Spicy Nachos = ¼ cup Cowboy Corn Salad = ¼ cup		½ cup	½ cup
Starchy					Mashed Potatoes = ½ cup	½ cup	½ cup
Other	Green Beans = ½ cup Chicken Philly = ¼ cup	California Blend = ½ cup	Veggie Lasagna = ¼ cup Tossed Side Salad = ¼ cup	Cowboy Corn Salad = ½ cup	Green Beans = ½ cup	2-¾ cups	¾ cup
Fruits	Pink Grapefruit Sections = ½ cup Peaches = ½ cup	Apricots = ½ cup Fruit Salad = ½ cup	Fresh Pear = ½ cup (½ cup FRESH) Mandarin Oranges = ½ cup	Fresh Apple Slices = ½ cup (½ cup FRESH) Fresh Banana = ½ cup (½ cup FRESH)	Fruit Juice = ½ cup Peach Cup = ½ cup	5 cups (1-½ cups FRESH)	5 cups
Grains	Chicken Philly = 2.25 oz-eq	Brown Rice = 2 oz-eq	Veggie Lasagna = 1 oz-eq Breadstick = 2 oz-eq	Spanish Rice = 1 oz-eq Whole-Grain Tortilla Chips = 1.5 oz-eq	Whole-Wheat Roll = 1 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	11.75 oz-eq	10–12 oz-eq
Whole Grain-Rich	Chicken Philly = 2.25 oz-eq	Brown Rice = 2 oz-eq		Spanish Rice = 1 oz-eq Whole-Grain Tortilla Chips = 1.5 oz-eq	Whole-Wheat Roll = 1 oz-eq Whole-Grain Chocolate Chip Cookie = 1 oz-eq	8.75 oz-eq	½ grains are w/g
Meat /Meat Alt	Chicken Philly = 3 oz-eq	Teriyaki Chicken = 2 oz-eq	Veggie Lasagna = 2 oz-eq	Spicy Nachos = 3 oz-eq	Turkey & Gravy = 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 • Winter • Week 4 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	812 kcal/d
Saturated Fat	<10% of total kcal	5.8%
Sodium	≤1420mg/d	1381 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Winter • 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.
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades 9 – 12 • Winter • Week 4 Summary of USDA Foods

Fruits

Apricots, cups
Fruit Salad, canned
Peaches, canned
Peaches, frozen cups

Grains

Breadsticks, frozen
Rice, brown

Meats

Beef, taco filling, frozen, Reduced-Fat
Cheese, cheddar, reduced fat
Cheese, mozzarella, Reduced-Fat
Chicken, fajita strips, frozen
Chicken, teriyaki, frozen
Turkey & Gravy, frozen

Vegetables

Beans, black, canned, low-sodium
Beans, green, frozen
Corn, frozen
Potatoes, mashed, instant, low-sodium
Sweet potatoes, fries, frozen
Tomatoes, marinara sauce, canned
Tomatoes, paste, canned
Tomatoes, sauce, canned, low-sodium

Grades 9 – 12 • Winter • Week 4 Summary of Recipes

Chicken Philly
Cowboy Corn Salad
Garlic Broccoli
Spanish Rice, USDA
Spicy Nachos
Tossed Side Salad
Vegetable (Veggie) Lasagna, USDA

Menus that Move

Grades 9 – 12 • Winter • Week 5 Meal Components

MEAL COMPONENTS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Totals ACTUAL	Weekly Totals REQUIREMENT
		BBQ Pork on a Bun Baked Beans Vegetable Blend Pears Applesauce Milk	Wokin' Orange Chicken with Brown Rice Green Beans Mandarin Oranges Pineapple Milk	Chicken Alfredo with a Twist Garlic Broccoli Tossed Side Salad 2 Tbsp Reduced-Fat Ranch Dressing Fresh Banana Mixed Fruit Whole-Grain Roll 1 Pat Butter Milk	Quirky Quesadilla Golden Corn Peaches Fresh Grapes Tortilla Scoops with Salsa Milk		
Vegetables	1 cup	1 cup	1-¼ cups	1 cup	1 cup	5-¼ cups	5 cups
Dark Green		Wokin' Orange Chicken = ⅛ cup	Garlic Broccoli = ½ cup Tossed Side Salad = ½ cup		Fresh Veggies (Broccoli) = ¼ cup	1-⅜ cups	½ cup
Red/Orange		Wokin' Orange Chicken = ¼ cup		Salsa = ¼ cup	Sweet Potato Soufflé = ½ cup Fresh Veggies (Carrots) = ¼ cup	1-¼ cups	1-¼ cups
Beans/Legumes	Baked Beans = ½ cup			Quirky Quesadilla = ¼ cup		¾ cup	½ cup
Starchy				Golden Corn = ½ cup		½ cup	½ cup
Other	Vegetable Blend = ½ cup	Wokin' Orange Chicken = ⅛ cup Green Beans = ½ cup	Tossed Side Salad = ¼ cup		Lettuce/Tomato = ¼ cup	1-⅝ cups	¾ cup
Fruits	Pears = ½ cup Applesauce = ½ cup	Mandarin Oranges = ½ cup Pineapple = ½ cup	Fresh Banana = ½ cup (½ cup FRESH) Mixed Fruit = ½ cup	Peaches = ½ cup Fresh Grapes = ½ cup (½ cup FRESH)	Pears in Cherry Jell-O = ½ cup Fruit Juice = ½ cup	5 cups (1 cup FRESH)	5 cups
Grains	BBQ Pork on a Bun = 2 oz-eq	Brown Rice = 2 oz-eq Wokin' Orange Chicken = 1 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq Whole-Grain Roll = 1 oz-eq	Quirky Quesadilla = 1.5 oz-eq Tortilla Scoops = 1 oz-eq	Grilled Chicken on a Bun = 2 oz-eq	11.5 oz-eq	10 – 12 oz-eq
Whole Grain-Rich	BBQ Pork on a Bun = 2 oz-eq	Brown Rice = 2 oz-eq	Chicken Alfredo with a Twist = 1 oz-eq Whole-Grain Roll = 1 oz-eq	Quirky Quesadilla = 1.5 oz-eq	Grilled Chicken on a Bun = 2 oz-eq	9.5 oz-eq	½ grains are w/g
Meat /Meat Alt	BBQ Pork on a Bun = 2 oz-eq	Wokin' Orange Chicken = 2 oz-eq	Chicken Alfredo with a Twist = 2 oz-eq	Quirky Quesadilla = 2 oz-eq	Grilled Chicken on a Bun = 2 oz-eq	10 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 • Winter • Week 5 Nutrient Breakdown

Meal Pattern Specifications	Goal	Actual Daily Average This Week
Calories	750–850kcal/d	822 kcal/d
Saturated Fat	<10% of total kcal	6.9%
Sodium	≤1420mg/d	1296 mg/d
Trans Fat	0g	0g

Grades 9 – 12 • Winter • 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.
	the week.			■ Only one whole grain-rich offering per week may be a grain-based dessert.

Grades 9 – 12 • Winter • Week 5 Summary of USDA Foods

Fruits

Applesauce, canned
Fruit cocktail, canned
Peaches, canned
Pears in Cherry Jell-O
Pears, canned

Grains

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

Meats

Beef, taco filling, frozen, Reduced-Fat
Cheese, cheddar, Reduced-Fat
Chicken, burger-style patties, frozen
Chicken, diced, frozen
Chicken, popcorn, frozen
Pork, BBQ, frozen

Vegetables

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

Grades 9 – 12 • Winter • Week 5 Summary of Recipes

Chicken Alfredo with a Twist
Garlic Broccoli
Quirky Quesadillas
Sweet Potato Soufflé
Tossed Side Salad
Wokin' Orange Chicken