

LUNCH MEAL PATTERN

Program Lincoln County
 Month Feb-16
 Week One

STANDARD MEAL PATTERN	MONDAY 3	TUESDAY 2	WEDNESDAY 1	THURSDAY 3	FRIDAY 5/3
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	3 oz Salisbury Steak w/ 1 oz Gravy	Chicken Pot Pie (3 oz Chicken)	Hamburger Mac (3 oz Beef, 2 oz Macaroni)	GC Chicken Enchiladas (3oz Chicken)	3 oz Pork Chop w/ 1 oz Tomato Gravy
VEGETABLES Two (1/2 cup) servings of vegetables	4 oz Broccoli 4 oz Vegetables	4 oz Green Beans 4 oz Tossed Salad	4 oz Spinach 4 oz Vegetables	4 oz Tossed Salad 4 oz Pinto Beans	4 oz Mixed Vegetables 4 oz. Baked Potato
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week	4 oz Apricots		4 oz Plums		4 oz Peaches
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)	4 oz Wild Rice 1 oz WW Roll	1 oz Crust In Entrée 1 oz WW Roll	1 oz Biscuit	1 6" Corn Tortilla In Entrée	1 oz WW Roll
LOW FAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent ½ pint (1 cup) = 1 serving	8 oz Low-fat 2% Milk	8 oz Low-fat 2% Milk	8 oz Low-fat 2% Milk	8 oz Low-fat 2% Milk	8 oz Low-fat 2% Milk
DESSERT One (1/2 cup) serving dessert does not have to be served on days fruit is served		2 x 2 Lemon Cake		1 Chocolate Chip Cookie	
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat	1-2 tsp Gravy 1-2 tsp Margarine	1-2 tsp Gravy 1-2 tsp Margarine	1-2 tsp Margarine	1-2 tsp Dressing	1-2 tsp Gravy 1-2 tsp Margarine

MENU PLANNER

Beckie Lee Sanchez

PROGRAM TITLE

Lincoln County

EVALUTED BY

Jennifer Pas RD, LD

PSA

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 Week Two

STANDARD MEAL PATTERN	MONDAY 1	TUESDAY 1	WEDNESDAY 1	THURSDAY 3	FRIDAY 1
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	Chicken Fettuccini 3 oz. Chicken 1-2 tsp. Sauce	Sloppy Joe 3 oz. Ground Beef	Sweet & Sour Pork 3 oz. Pork	3 oz. Baked Fish	Carne Adovada (3oz. Meat, 1-2 tsp Sauce)
VEGETABLES Two (1/2 cup) servings of vegetables	4 oz. Carrots 4 oz. Spinach	4 oz. Mixed Vegetables 4 oz. Parsley Potatoes	4 oz. Oriental Blend Vegetables 4 oz. Tossed Salad	4 oz. Coleslaw 4 oz Vegetables	4 oz. Green Beans w/Onions 4 oz Vegetables
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week	4 oz. Pears	4 oz. Pineapple		4 oz. Apricots	4 oz. Mandarin Oranges w/2 oz. Jell-O
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)	4 oz. Pasta 1 sl. Garlic Bread	1 Whole Bun	4 oz. Rice 1 oz. WW Roll	4 oz. Tater Tots 1 oz. WW Roll	4 oz. Spanish Rice 1 6" Tortilla
LOW FAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent 1/2 pint (1 cup) = 1 serving	8 oz. Low-fat 2% Milk	8 oz. Low-fat 2% Milk	8 oz. Low-fat 2% Milk	8 oz. Low-fat 2% Milk	8 oz. Low-fat 2% Milk
DESSERT One (1/2 cup) serving dessert does not have to be served on days fruit is served			1 PB Cookie		
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat	1-2 tsp. Sauce	1-2 tsp. Dressing	1-2 tsp. Margarine	1-2 tsp. Tarter Sauce 1-2 tsp. Margarine	1-2 tsp. Sauce

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 Week Three

STANDARD MEAL PATTERN	MONDAY	TUESDAY 3	WEDNESDAY 1	THURSDAY 1	FRIDAY 3
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	Closed	RC Beef Enchiladas (3 oz Beef, 2 oz Red Chile)	3 oz Chicken Provencal	3 oz Roast Beef w/2 oz Gravy	Sausage Pizza (3 oz Sausage, 1 oz Cheese)
VEGETABLES Two (1/2 cup) servings of vegetables		4 oz Tossed Salad 4 oz. Pinto Peas	4 oz Buttered Spinach 4 oz Vegetables	4 oz Carrots 4 oz. Mashed Poatoes	4 oz California Vegetables 4 oz. Sweet Potatoes
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week		4 oz Apples in 2 oz Cobbler	4 oz Tropical Fruit		4 oz Peaches
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)		2-6" Corn Tortillas	4 oz Steamed Rice 1 oz WW Roll	1 oz WW Roll	1 oz Crust In Entrée
LOW FAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent 1/2 pint (1 cup) = 1 serving		8 oz Low Fat 2% Milk	8 oz Low Fat 2% Milk	8 oz Low Fat 2% Milk	8 oz Low Fat 2% Milk
DESSERT One (1/2 cup) serving dessert does not have to be served on days fruit is served				4 oz Strawberry in Shortcake	
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat		1-2 tsp Margarine	1-2 tsp Margarine	1-2 tsp Margarine 1-2 tsp Gravy	1-2 tsp Margarine

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 Week Four

STANDARD MEAL PATTERN	MONDAY 1	TUESDAY 1	WEDNESDAY 1	THURSDAY 3	FRIDAY 1
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	3 oz Baked Fish	3 oz Meatballs	3 oz Chicken Cutlet	2 Beef Tacos (3 oz Beef)	3 oz Italian Chicken
VEGETABLES Two (1/2 cup) servings of vegetables	4 oz. Broccoli 4 oz Vegetables	4 oz Buttered Cabbage 4 oz Vegetables	4 oz Green Beans 4 oz. Sweet Potatoes	4 oz Squash 4 oz Lettuce & Tomato	4 oz Carrots 4 oz. Mashed Potatoes
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week	4 oz. Apricots		4 oz Mixed Fruit		4 oz Peaches
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)	4 oz Macaroni & Cheese 2" x 2" Cornbread	4 oz Wild Rice 1 oz Bread Stick	1 oz WW Roll	4 oz Spanish Rice	1 oz Cheesy Italian Bread
LOW FAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent 1/2 pint (1 cup) = 1 serving	8 oz Low Fat 2% Milk	8 oz Low Fat 2% Milk	8 oz Low Fat 2% Milk	8 oz Low Fat 2% Milk	8 oz Low Fat 2% Milk
DESSERT One (1/2 cup) serving dessert does not have to be served on days fruit is served		4 oz Pears in Cobbler		4 oz Apricots w/2 oz Jell-O	
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat	1-2 tsp Margarine 1-2 tsp Tarter Sauce	1-2 tsp Margarine	1-2 tsp Margarine	1-2 tsp Margarine 1-2 tsp Salsa	1-2 tsp Margarine

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 Week Five

STANDARD MEAL PATTERN	MONDAY 408	TUESDAY 3	WEDNESDAY 3	THURSDAY 3	FRIDAY 1
MEAT OR ALTERNATE 3 oz. cooked meat or equivalent alternate	4 oz. Macaroni & 3 oz. Cheese	Meatloaf (3oz. Meat)	GC Chicken Enchiladas (3oz Chicken)	Lasagna (3 oz. Beef)	3 oz. Catfish
VEGETABLES Two (1/2 cup) servings of vegetables	4 oz. Mixed Vegetables 4 oz. Spinach	4oz. Broccoli 4 oz. Garlic Mashed Potatoes	4 oz Tossed Salad 4 oz. Pinto Beans	4 oz. Mixed Vegetables 4 oz. Garden Salad	4 oz. Coleslaw 4 oz. Tater Tots
FRUIT One (1/2 cup) serving of fruit a minimum of 3 times per week	4 oz. Peaches w/2 oz. Cottage Cheese		4 oz Apricots		4 oz. Plums
BREADS OR ALTERNATES One or more servings of bread (whole grain desirable, enriched or bread alternate allowed)	1 oz. Biscuit	1 oz. Cheesy Bread	1-6" Corn Tortilla In Entrée	4 oz. Pasta in Entrée 1 oz WW Roll	1 oz. WW Roll
LOW FAT MILK Eight (8) fluid ounces of low-fat milk or the equivalent 1/2 pint (1 cup) = 1 serving	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk	8 oz Low-fat 2% Milk	8 oz. 2% Low Fat Milk	8 oz. 2% Low Fat Milk
DESSERT One (1/2 cup) serving dessert does not have to be served on days fruit is served		4 oz. Pears In Pear Cobbler		4 oz Peachy Pound Cake	
FAT (Butter, salad dressings, gravies, sauces, etc.) 1 teaspoon fat	1-2 tsp Margarine	1-2 tsp Margarine	1-2 tsp Dressing	2t Dressing 2t Magarine	2T tartar Sauce 2t Margarine

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