

**2010-11 ELEMENTARY "GOLD STANDARD" MENU CYCLE**

<b>WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
WEEK 1	Red or White Beans w/ Sausage Spinach Apple Wheels Brown Rice Whole Grain Cornbread Lowfat Milk	Tacos Cheese, Shredded Corn Greenleaf Lettuce Salsa Peaches, Cn Corn Shells / WW Tortilla Lowfat Milk	Catfish - Fried or Baked Baked Potato Fresh Fruit (*) Whole Wheat Texas Toast Lowfat Milk	Chicken Tenderloins Cheese Stick Salad (**) Pineapple Tidbits, Cn. Mashed Potatoes w/ wo Gravy Whole Wheat Roll Lowfat Milk	Hamburger or Sloppy Joe Green Leaf Lettuce Carrot Sticks Banana Half Whole Wheat Hamburger Bun WW Oatmeal Raisin Cookie Lowfat Milk
WEEK 2	Chicken Tenderloins Broccoli, Fresh Orange Wheels Macaroni-n-Cheese Whole Wheat Roll Lowfat Milk	"Pig-in-a-Blanket" <b>OR</b> Hot Dog (w/wo Chili) (Turkey Frank) Baked Beans Banana Half School Made "Wrap" or Bun Whole Wheat Brownie Lowfat Milk	Gumbo (Turkey) <b>OR</b> Jambalaya <b>OR</b> Pork Roast <b>OR</b> Turkey Roast Carrot, Sticks Fresh Fruit (*) Brown Rice Whole Wheat Texas Toast Lowfat Milk	Spaghetti w/ Meat Sauce <b>OR</b> Macaroni Wiggle <b>OR</b> Beef Mexacali Green Beans Salad (**) Apple Wheels WW French Bread <b>OR</b> Roll Lowfat Milk	Pizza or Grilled Cheese Corn or Celery Sticks Peaches, Cn. WW Cinnamon Stick or Cookie Lowfat Milk
WEEK 3	Red or White Beans w/ Sausage Spinach Apple Wheels Brown Rice Whole Grain Cornbread Lowfat Milk	Tacos Cheese, Shredded Corn GreenLeaf Lettuce Salsa Peaches, Cn Corn Shells / WW Tortilla Lowfat Milk	Chicken Wrap Cheese, Shredded Green Leaf Lettuce Banana Half Tortilla WW Cinnamon Stick Lowfat Milk	Hamburger or Sloppy Joe Green Leaf Lettuce Carrot Sticks Fresh Fruit (*) Whole Wheat Hamburger Bun WW Oatmeal Raisin Cookie Lowfat Milk	Chicken Tenderloins Cheese Stick Salad (**) Pineapple Tidbits, Cn. Mashed Potatoes w/ wo Gravy Whole Wheat Roll Lowfat Milk
WEEK 4	Spaghetti w/ Meat Sauce <b>OR</b> Macaroni Wiggle <b>OR</b> Beef Mexacali Green Beans Salad (**) Apple Wheels Whole Wheat Texas Toast Lowfat Milk	Chicken Tenderloins Broccoli, Fresh Orange Wheels Macaroni-n-Cheese Whole Wheat Roll Lowfat Milk	"Pig-in-a-Blanket" <b>OR</b> Hot Dog (w/wo Chili) (Turkey Frank) Baked Beans Peaches, Cn School Made "Wrap" or Bun Whole Wheat Brownie Lowfat Milk	Chicken - Fried, Baked or BBQ Carrot Sticks Banana Brown Rice w/ Gravy Whole Wheat Roll Lowfat Milk	Pizza or Grilled Cheese Corn or Celery Stick Fresh Fruit (*) WW Cinnamon Stick or Cookie Lowfat Milk

Revised 07/2010

(\*) Fresh Fruit (Seasonal) Cantaloupe, Grapes, Honeydew, Kiwi, Strawberries, Watermelon

(\*\*) Gold Award Salad - Green Leaf Lettuce , Red Cabbage (Shredded) , Fresh Spinach , Carrots (Shredded) **(Include L/O Fresh Broccoli When Available)**