

St. Tammany Parish 2010-2011 JR./SR. "Gold Standard" MENU CYCLE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Red OR White Beans Spinach, Fz. Orange Wheels Brown Rice (C) Whole Grain Cornbread Low Fat Milk	Taco Meat Shredded Cheese Corn Green Leaf Lettuce, Pieces Salsa Peaches, Cn Corn Shells WW Tortilla Shells Low Fat Milk	Meat Loaf OR Salisbury Steak OR Shepherd's Pie Mashed Potatoes Carrot Sticks Apple Wheels Whole Wheat Roll Whole Wheat Brownie Low Fat Milk	Chicken Tenderloins Salad (**) Pineapple Tidbits, Cn Macaroni-n-Cheese Whole Wheat Roll Low Fat Milk	Gumbo OR Jambalaya Coleslaw Fresh Fruit Brown Rice Whole Wheat Texas Toast Low Fat Milk
WEEK 2	Meat Sauce OR Lasagna Spaghetti or Noodle Green Beans Fresh Fruit W W French Bread OR Roll Low Fat Milk	Chicken Tenderloins Broccoli, Florets Orange, Wheels Potatoes Au Gratin Whole Wheat Roll Low Fat Milk	Salad Supreme (Salad) (Turkey Ham) Baked Potato (White or Sweet) Carrot Sticks Peaches, Cn Whole Wheat Texas Toast Low Fat Milk	Spicy Chicken Wrap Baked Beans Shredded Cheese Green Leaf Lettuce, Pieces Pineapple Tidbits, Cn Tortilla (White) W W Cinnamon Stick Low Fat Milk	Cheesy Chili Shredded Cheese Corn 1/2 Banana Whole Wheat Breadsticks Oatmeal-Raisin Cookie Corn Chips Low Fat Milk
WEEK 3	Chicken Tenderloins Salad (**) Apple, Wheels Macaroni-n-Cheese Whole Wheat Roll Low Fat Milk	Catfish Baked Potato (White or Sweet) Carrot Sticks Fresh Fruit Whole Wheat Roll Low Fat Milk	Gumbo OR Jambalaya Coleslaw Pineapple Tidbits, Cn Brown Rice Whole Wheat Texas Toast Low Fat Milk	Taco Cheese shredded Corn Green Leaf Lettuce, Pieces Salsa Cn. Peaches Corn Shells Tortilla Shells Low Fat Milk	Chicken (Baked, BBQ or Fried) Baked Beans Broccoli, Florets Orange, Wheels Rice Whole Wheat Roll Low Fat Milk
WEEK 4	Chicken Tenderloins Broccoli, Florets Orange, Wheels Potatoes Au Gratin Whole Wheat Roll Low Fat Milk	Spicy Chicken Wrap Shredded Cheese Baked Beans Green Leaf Lettuce, Pieces 1/2 Banana Tortilla (White) Whole Wheat Cinnamon Stick Low Fat Milk	Meat Sauce OR Lasagna Spaghetti or Noodle Green Beans Fresh Fruit WW French Bread OR Roll Low Fat Milk	Salad Supreme (Salad) (Turkey Ham) OR Tuna (P) Baked Potato or Sweet Carrot Sticks Apple Wheels Whole Wheat Texas Toast Low Fat Milk	Pork Roast OR Baked Turkey Salad (**) Peaches, Cn Brown Rice Whole Wheat Roll Whole Wheat Brownie Low Fat 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