

**St. Tammany Parish 2011-2012 JR./SR. "Gold Standard" MENU CYCLE**

<b>WEEK</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
WEEK 1	Cheesy Chili w/ Beans <b>OR</b> Red or White Beans Corn (w/ Cheesy Chili) <b>OR</b> Spinach, Fz. (w/ Red Beans) Fruit Choice Brown Rice <b>OR</b> Cornchips Whole Wheat Texas Toast Low Fat Milk Frozen Yogurt	Chicken Tenderloins <b>OR</b> Poppers <b>OR</b> Nuggets Carrot Sticks Fruit Choice Macaroni-n-Cheese Whole Wheat Roll Low Fat Milk	Taco Meat Shredded Cheese Corn <b>OR</b> Refried Beans Green Leaf Lettuce, Pieces Salsa Fruit Choice Corn Shells WW Tortilla Shells Low Fat Milk	Chicken Fettuccine <b>OR</b> Pork Roast <b>OR</b> Turkey Roast Salad Fruit Choice Pasta (w/ Fettuccine) <b>OR</b> Mashed Potatoes Whole Wheat Roll Low Fat Milk	Gumbo <b>OR</b> Jambalaya Coleslaw <b>OR</b> Potato Salad Fruit Choice Brown Rice Whole Grain Cornbread Low Fat Milk
WEEK 2	Chicken Tenderloins <b>OR</b> Poppers <b>OR</b> Nuggets Broccoli, Florets Fruit Choice Potatoes Au Gratin <b>OR</b> Mac-n-Cheese Whole Wheat Roll Low Fat Milk	Meat Sauce <b>OR</b> Lasagna Spaghetti or Noodle Green Beans Fruit Choice W W French Bread <b>OR</b> Roll Low Fat Milk	Fried Rice w/ Chicken Poppers <b>OR</b> Cheesy Chili with Beans Green Peas (Fried Rice) <b>OR</b> Corn (Cheesy Chili) Fruit Choice Cornchips (Cheesy Chili) Roll <b>OR</b> Breadsticks Fruit Crisp <b>OR</b> Spice Cake Low Fat Milk	Salad Supreme (Salad) Ham or Turkey , Diced Baked Potato (White or Sweet) with Chili Carrot Sticks Fruit Choice Whole Wheat Texas Toast Low Fat Milk	Spicy Chicken Wrap <b>OR</b> Chicken Quesadilla Baked Beans Green Leaf Lettuce, Pieces Fruit Choice Tortilla (White) W W Cinnamon Stick Low Fat Milk
WEEK 3	Chicken Tenderloins <b>OR</b> Poppers <b>OR</b> Nuggets Salad (**) Fruit Choice Macaroni-n-Cheese Whole Wheat Roll Low Fat Milk	Catfish, filet <b>OR</b> Fish Strips Baked Potato (White or Sweet) Carrot Sticks Fruit Choice Whole Wheat Roll Low Fat Milk	Gumbo <b>OR</b> Jambalaya Coleslaw <b>OR</b> Potato Salad Fruit Choice Brown Rice Whole Wheat Texas Toast Low Fat Milk Oatmeal Raisin Cookie	Taco Cheese shredded Refried Beans Green Leaf Lettuce, Pieces Salsa Fruit Choice Corn Shells Tortilla Shells Low Fat Milk	Salisbury Steak <b>OR</b> Meat Loaf <b>OR</b> Shepherd's Pie Broccoli, florets Fruit Choice Mashed Potatoes Whole Wheat Roll Low Fat Milk
WEEK 4	Spicy Chicken Wrap <b>OR</b> Chicken Quesadilla Baked Beans Green Leaf Lettuce, Pieces Fruit Choice Tortilla (White) Whole Wheat Cinnamon Stick Low Fat Milk	Meat Sauce <b>OR</b> Lasagna Spaghetti or Noodle Green Beans Fruit Choice WW French Bread <b>OR</b> Roll Low Fat Milk Brownie	Chicken Tenderloins <b>OR</b> Poppers <b>OR</b> Nuggets Broccoli, Florets Fruit Choice Potatoes Au Gratin <b>OR</b> Mac-n-Cheese Whole Wheat Roll Low Fat Milk	Salad Supreme (Salad) Ham or Turkey, Diced <b>OR</b> Tuna Salad Baked Potato or Sweet with Chili Carrot Sticks Fruit Choice Whole Wheat Texas Toast Low Fat Milk	Chicken (Baked, BBQ, Fried) <b>OR</b> Pork Roast <b>OR</b> Turkey Roast Salad (**) Fruit Choice Brown Rice Whole Wheat Roll Low Fat Milk

Revised 6/2011

(\*) Choice one fruit per day for a different fruit each day of the week, 2 fresh fruits each week

(\*\*) Gold Award Salad - Green Leaf Lettuce , Red Cabbage, Shredded , Fresh Spinach , Carrots, Shredded