

2011-12 ELEMENTARY "GOLD STANDARD" MENU CYCLE

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|--|---|---|--|
| WEEK 1 | Red or White Beans w/ Sausage OR Chili W/Beans Spinach or Broccoli(w/chili) Fruit Choice Brown Rice or Corn Chips(w/chili) Whole Grain Cornbread Frozen Yogurt Lowfat Milk | Tacos Cheese, Shredded Corn Greenleaf Lettuce Salsa Fruit Choice Corn Shells / WW Tortilla Lowfat Milk | Catfish And/Or Fish Strips Baked Potato OR Mashed Potatoes Fruit Choice Whole Wheat Texas Toast Lowfat Milk | Chicken Tenderloins Or Poppers Or Nuggets Salad (**) Fruit Choice Macaroni and Cheese Whole Wheat Roll Lowfat Milk | Hamburger And/Or Chicken Pattie Green Leaf Lettuce Carrot Sticks Tator Tots Fruit Choice Whole Wheat Hamburger Bun Lowfat Milk |
| WEEK 2 | Chicken Tenderloins Or Poppers OR Nuggets Cheese Stick Broccoli, Fresh Fruit Choice Rice W/Gravy Whole Wheat Roll Lowfat Milk | "Pig-in-a-Blanket" OR Hot Dog (w/wo Chili) (Turkey Frank) Baked Beans Fruit Choice School Made "Wrap" or Bun Fruit Crisp or Spice Cake Lowfat Milk | Gumbo (Turkey) OR Jambalaya OR Pork Roast OR Turkey Roast Carrot, Sticks Fruit Choice Brown Rice Whole Wheat Texas Toast Lowfat Milk | Spaghetti w/ Meat Sauce OR Lasagna OR Macaroni Wiggle OR Beef Mexacali Green Beans OR Green Peas Salad (**) Fruit Choice WW French Bread OR Roll Lowfat Milk | Grilled Cheese Celery Sticks OR Corn Fruit Choice Whole Wheat Sliced Bread WW Oatmeal Raisin Cookie Lowfat Milk |
| WEEK 3 | Meat Loaf OR Salisbury Steak OR Shepherds Pie Broccoli, Fresh Fruit Choice Mashed Potatoes with Gravy Whole Wheat Roll Vanilla or Chocolate Cookie Lowfat Milk | Tacos Cheese, Shredded Refried Beans GreenLeaf Lettuce Salsa Fruit Choice Corn Shells / WW Tortilla Lowfat Milk | Chicken Tenderloins Or Poppers Or Nuggets Salad (**) Fruit Choice Macaroni and Cheese Whole Wheat Roll Lowfat Milk | Hamburger OR Sloppy Joe OR Ham/Cheese Sandwich Green Leaf Lettuce Carrot Sticks Tator Tots Fruit Choice Whole Wheat Hamburger Bun Lowfat Milk | Chicken Wrap Or OR Chicken Quesadilla Cheese, Shredded Green Leaf Lettuce Corn Fruit Choice Tortilla WW Cinnamon Stick Lowfat Milk |
| WEEK 4 | Spaghetti w/ Meat Sauce OR Lasagna OR Macaroni Wiggle OR Beef Mexacali Green Beans OR Green Peas Salad (**) Fruit Choice Whole Wheat Texas Toast Lowfat Milk | Chicken Tenderloins Or Poppers OR Nuggets Cheese Stick Broccoli, Fresh Fruit Choice Mashed Potatoes with Gravy Whole Wheat Roll Lowfat Milk | Ham/Cheese Roll Up OR Pig-in-a-Blanket Baked Beans Fruit Choice School Made "Wrap" or Bun Whole Wheat Brownie Lowfat Milk | Chicken - Fried, Baked or BBQ Carrot Sticks Fruit Choice Brown Rice w/ Gravy Whole Wheat Roll Lowfat Milk | Pizza Corn Fruit Choice WW Cinnamon Stick Lowfat Milk |

Revised 05/2011 (***) Gold Award Salad - Green Leaf Lettuce , Red Cabbage (Shredded) , Fresh Spinach , Carrots (Shredded) **(Include L/O Fresh Broccoli When Available)**
Must offer 2 fresh fruits each week