

SUMMIT ACADEMY TOLEDO ELEMENTARY

DECEMBER 2011 LUNCH

Component	Minimum Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
					1	2
Meat/Alternate	2oz				Mini Ravioli w/Cheese	
Grain/Bread/Pasta	1 slice/1/2 cup				Wheat Roll	Pizza
Fruit/Vegetable	1 cup				Fresh Carrots w/Dip, Pears	Salad Mix, Fresh Grapes, Raisins
Milk (fluid)	1 cup				Milk	Milk Cookie
Component	Minimum Serving Size	5	6	7	8	9
Meat/Alternate	2oz	Walking Turkey Taco, Cheese	Breaded Chicken Breast	Salisbury Steak w/Gravy	Footlong Hotdog w/Mustard/Ketchup	
Grain/Bread/Pasta	1 slice/1/2 cup	Baked Doritos	Wheat Bun	Wheat Roll	Footlong Bun	Pizza
Fruit/Vegetable	1 cup	Lettuce, Salsa, Refried	Corn Cobette, Mandarin Oranges	Mashed Potatoes, Pineapple	Baked Beans, Peaches	Tossed Salad w/Ranch & Raisins,
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Milk Cookie
Component	Minimum Serving Size	12	13	14	15	16
Meat/Alternate	2oz	Homemade Sloppy Joe	Breaded Chicken Breast	Homemade Chicken & Noodles, Wheat Roll	Cheeseburger w/Mustard/Ketchup	
Grain/Bread/Pasta	1 slice/1/2 cup	Wheat Bun	Wheat Bun	Seasoned Carrots, Tossed Salad	Wheat Bun	Pizza
Fruit/Vegetable	1 cup	Corn Cobette, Pineapple	Applesauce	w/Ranch, Mandarin	Seasoned Green	Veggie Sticks w/Dip,
Milk (fluid)	1 cup	Milk	Milk	Milk	Beans, Peaches	Fresh Orange, Raisins
					Milk	Milk Cookie
Component	Minimum Serving Size	19	20	21	22	23
Meat/Alternate	2oz	Walking Turkey Taco, Cheese	Breaded Chicken	Salisbury Steak w/Gravy	Chicken Tenders (2) w/BBQ Sauce	
Grain/Bread/Pasta	1 slice/1/2 cup	Doritos	Dippers (5) Wheat Roll	Wheat Roll	Macaroni Salad	Pizza
Fruit/Vegetable	1 cup	Lettuce, Salsa, Refried	Seasoned Carrots, Pineapple	Mashed Potatoes, Applesauce	Seasoned Green	Salad Mix, Fresh
Milk (fluid)	1 cup	Milk	Milk	Milk	Beans, Pineapple	Milk
					Milk	Milk Cookie
Component	Minimum Serving Size	26	27	28	29	30
Meat/Alternate	2oz	MERRY CHRISTMAS & HAPPY NEW YEAR!				
Grain/Bread/Pasta	1 slice/1/2 cup					
Fruit/Vegetable	1 cup					
Milk (fluid)	1 cup					