

SUMMIT ACADEMY ELEMENTARY

SEPTEMBER 2011 LUNCH

Component	Minimum Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
					1	2
Meat/Alternate	2oz				Cheeseburger w/Ketchup/Mustard	
Grain/Bread/Pasta	1 slice/1/2 cup				Wheat Bun	Pizza
Fruit/Vegetable	1 cup				Seasoned Green Beans, Applesauce	Tossed Salad w/Ranch & Raisins, Fresh Orange
Milk (fluid)	1 cup				Milk	Milk
						Cookie
Component	Minimum Serving Size	5	6	7	8	9
Meat/Alternate	2oz	Polish Sausage w/Mustard/Ketchup	Turkey Wrap w/Cheese Lettuce/Mayo/Mustard	Spaghetti w/Meat Sauce, Wheat Roll	Breaded Chicken Rings w/BBQ Sauce	
Grain/Bread/Pasta	1 slice/1/2 cup	Wheat Hotdog Bun	Soft Tortilla Shell	Tossed Salad w/Ranch & Raisins, Applesauce	Wheat Roll	Pizza
Fruit/Vegetable	1 cup	Baked Beans, Peaches	Potato Salad, Tropical Fruit		Seasoned Carrots, Pears	Veggie Sticks w/Dip, Fresh
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Milk
						Cookie
Component	Minimum Serving Size	12	13	14	15	16
Meat/Alternate	2oz	Walking Turkey Taco, Cheese	BBQ Fajita Chicken	Salisbury Steak w/Gravy	Turkey Wrap w/Cheese Lettuce/Mayo/Mustard	
Grain/Bread/Pasta	1 slice/1/2 cup	Baked Doritos	Wheat Bun	Wheat Roll	Soft Wheat Tortilla Shell	Pizza
Fruit/Vegetable	1 cup	Lettuce, Salsa, Refried Beans, Tropical Fruit	Mexican Corn, Mandarin Oranges	Mashed Potatoes, Pineapple	Potato Salad, Peaches	Veggie Sticks w/Dip, Fresh
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Banana
						Milk
						Cookie
Component	Minimum Serving Size	19	20	21	22	23
Meat/Alternate	2oz	Breaded Whole Muscle Chicken Breast	Cheeseburger w/Mustard/Ketchup	Homemade Chicken & Noodles, Wheat Roll	BBQ Fajita Chicken	
Grain/Bread/Pasta	1 slice/1/2 cup	Wheat Roll	Wheat Bun		Wheat Bun	Pizza
Fruit/Vegetable	1 cup	Corn Coblette, Fresh Apple	Veggie Sticks w/Dip, Peaches	Tossed Salad w/Ranch & Raisins, Mandarin Oranges	Potato Salad, Pears	Tossed Salad w/Ranch & Raisins, Fresh Orange
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Milk
						Cookie
Component	Minimum Serving Size	26	27	28	29	30
Meat/Alternate	2oz	Breaded Chicken Dippers	Walking Turkey Taco, Cheese	Chili	Footlong Hotdog w/Mustard/Ketchup	
Grain/Bread/Pasta	1 slice/1/2 cup	Wheat Roll	Doritos	Crackers (3pkg)	Footlong Bun	Pizza
Fruit/Vegetable	1 cup	Golden Corn, Pineapple	Lettuce, Salsa, Refried Beans, Tropical Fruit	Tossed Salad/Ranch Drsg, Mixed Fruit	Baked Beans, Pineapple	Veggie Sticks w/Dip, Fresh
Milk (fluid)	1 cup	Milk	Milk	Milk	Milk	Apple
						Milk
						Cookie