

K-12 Cycle I, 2011-2012		Master School Lunches – Meal Pattern for Traditional Food-based Menu Planning			Week 1
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	Aug-22, Oct-3, Nov-14, Dec-26 Feb-6, Mar-19, Apr-30, May-28	Aug-23, Oct-4, Nov-15, Dec-27 Feb-7, Mar-20, May-1, May-29	Aug-24, Oct-5, Nov-16, Dec-28 Feb-8, Mar-21, May-2, May-30	Aug-25, Oct-6, Nov-17, Dec-29 Feb-9, Mar-22, May-3, May-31	Aug-26, Oct-7, Nov-18, Dec-30 Feb-10, Mar-23, May-4,
<b>L U N C H</b>	Chicken Fingers Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Baked French Fries Dinner Roll Butter Pat Fresh Vegetables Applesauce Milk	Spaghetti with Meatballs Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Green Beans Breadstick Fresh Vegetables Peaches Milk	Beef and Bean Burrito Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Spanish Rice Fiesta Corn Fresh Vegetables Pears Milk	Meatloaf Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Mashed Potatoes and Gravy Fresh Vegetables Pineapple Milk	Cheese pizza Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Tossed Salad Breadstick Fresh Vegetables Mixed Fruit Milk

K-12 Cycle I, 2011-2012		Master School Lunches – Meal Pattern for Traditional Food-based Menu Planning			Week 2
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	Aug-29, Oct-10, Nov-21, Dec-26 Feb-13, Apr-2, May-14	Aug-30, Oct-11, Nov-22, Dec-27 Feb-14, Apr-3, May-15	Aug-31, Oct-12, Nov-23, Dec-28 Feb-15, Apr-4, May-16	Sept-1, Oct-13, Nov-24, Dec-29 Feb-16, Apr-5, May-17	Sept-2, Oct-14, Nov-25, Dec-30 Feb-17, Apr-6, May-18
<b>L U N C H</b>	Grilled Ham and Cheese Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps With Tomato Soups Crackers Fresh Vegetables Mandarin Oranges Milk	Cheeseburger Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Baked French Fries Fresh Vegetables Apricots Milk	Chicken Quesadilla Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Refried Beans Fresh Vegetables Applesauce Milk	Beef Ravioli Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Broccoli Breadsticks Fresh Vegetables Peaches Milk	Fettuccine Alfredo on Whole Grain Penne Pasta Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Dinner Roll Butter Pat Fresh Vegetables Pears Milk

K-12 Cycle I, 2011-2012		Master School Lunches – Meal Pattern for Traditional Food-based Menu Planning			Week 3
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	Sept-5, Oct-17, Nov-28 Jan-9, Feb-20, Apr-2, May-14	Sept-6, Oct-18, Nov-29 Jan-10, Feb-21, Apr-3, May-15	Sept-7, Oct-19, Nov-30 Jan-11, Feb-22, Apr-4, May-16	Sept-8, Oct-20, Dec-1 Jan-12, Feb-23, Apr-5, May-17	Sept-9, Oct-21, Dec-2 Jan-13, Feb-24, Apr-6, May-18
<b>L U N C H</b>	Chicken Fingers Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Baked French Fries Fresh Vegetables Dinner Roll Margarine Applesauce Milk	Italian Beef w/ Au Jus Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Green Beans Fresh Vegetables Pineapple Milk	Hot Dogs with Chili Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Macaroni and Cheese Fresh Vegetables Mixed Fruit Milk	Chicken & Noodles Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Mashed Potatoes Fresh Vegetables Mandarin Oranges Milk	Grilled Cheese Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Tomato Soup Crackers Fresh Vegetables Apricots Milk

**K-12 Cycle I, 2011-2012**

**Master School Lunches – Meal Pattern for Traditional Food-based Menu Planning**

**Week 4**

<b>Meal</b>	<b>Monday</b> Sep-12, Oct-24, Dec-5 Jan-16, Feb-27, Apr-9, May-21	<b>Tuesday</b> Sep-13, Oct-25, Dec-6 Jan-17, Feb-28, Apr-10, May-22	<b>Wednesday</b> Sep-14, Oct-26, Dec-7 Jan-18, Feb-29, Apr-11, May-23	<b>Thursday</b> Sep-15, Oct-27, Dec-8 Jan-19, Mar-1, Apr-12, May-24	<b>Friday</b> Sep-16, Oct-28, Dec-9 Jan-20, Mar-2, Apr-13, May-25
<b>L U N C H</b>	Baked Chicken Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Mashed Potatoes and Gravy Dinner Roll Butter Pat Fresh Vegetables Applesauce Milk	Meatball Hoagie Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Corn Fresh Vegetables Mandarin Oranges Milk	Baked Penne Pasta Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Green Beans Breadstick Fresh Vegetables Apricots Milk	Grilled Chicken Sandwich Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Sweet Potato Sticks Fresh Vegetables Peaches Milk	Cheese Pizza Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Tossed Salad Breadstick Fresh Vegetables Pears Milk

K-12 Cycle I, 2011-2012		Master School Lunches – Meal Pattern for Traditional Food-based Menu Planning			Week 5
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	Sep-19, Oct-31, Dec-12 Jan-23, Mar-5, Apr-16, May-28	Sep-20, Nov-1, Dec-13 Jan-24, Mar-6, Apr-17, May-29	Sep-21, Nov-2, Dec-14 Jan-25, Mar-7, Apr-18, May-30	Sep-22, Nov-3, Dec-15 Jan-26, Mar-8, Apr-19, May-31	Sep-23, Nov-4, Dec-16 Jan-27, Mar-9, Apr-20, Jun-1
<b>L U N C H</b>	Pulled Pork Sandwich Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps With Potato Wedges Fresh Vegetables Pineapple Milk	Chicken Parmesan w/ Spaghetti Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps With Tossed Salad Breadstick Fresh Vegetables Mixed Fruit Milk	Tacos w/ Toppings Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps With Fiesta Corn Fresh Vegetables Mandarin Oranges Milk	Sliders Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps With Oven Roasted Potatoes Fresh Vegetables Apricots Milk	Cheese Tortellini Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps With Dinner Roll Butter Pat Fresh Vegetables Applesauce Milk

K-12 Cycle I, 2011-2012		Master School Lunches – Meal Pattern for Traditional Food-based Menu Planning			Week 6
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	Sep-26, Nov-7, Dec-19 Jan-30, Mar-12, Apr-23	Sep-27, Nov-8, Dec-20 Jan-31, Mar-13, Apr-24	Sep-28, Nov-9, Dec-21 Feb-1, Mar-14, Apr-25	Sep-29, Nov-10, Dec-22 Feb-2, Mar-15, Apr-26	Sep-30, Nov-11, Dec-23 Feb-3, Mar-16, Apr-27
<b>L U N C H</b>	Waffles and Chicken w/ Maple Syrup Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Fresh Vegetables Peaches Milk	Breaded Chicken Sandwich Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Baked Fry Fresh Vegetables Pears Milk	Lasagna with Meatsauce Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Tossed Salad Breadstick Fresh Vegetables Pineapple Milk	Taco Salad Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Spanish Rice Dinner Roll Butter Pat Fresh Vegetables Mixed Fruit Milk	Fish and Chips Ham and Cheese Sub Turkey and Cheese Sub Large Assorted Salads Assorted Wraps with Dinner Roll Butter Pat Mandarin Oranges Milk