

Your School Name Here

Sample 2 Week Lunch Menu

Week One:

- Mon:** Herb Roasted Chicken, Brown Rice Pilaf, Green Peas, Fruit
Tue: Beef Stroganoff with Egg Noodles, Salad Bar, Wheat Roll
Wed: Chicken with Alfredo Sauce, Steamed Broccoli, Garlic Bread
Thu: Beef Meatloaf, New Potatoes, Green beans, Wheat Roll
Fri: Cheese Pizza, Salad Bar, Fruit, Cookie

Available Services:

Meal service (ages 3 years through high school)
Menu development
Nutrition planning
Counting & Claiming
Eligibility processing
Reimbursement consulting
Turn-key operations



Note: This 2 week sample menu is representative of the 4 week menu cycle enjoyed by our clients. A breakfast menu including hot and cold entrées is also available. We are happy to incorporate additional menu selections to suit the desires of the school. Nutritional information for this and all other menus is available on request.

Available on Request:

- Chef salad with roasted turkey, ham, cheese, egg, croutons, lettuce greens, and choice of dressing
- Caesar Salad with lettuce greens, croutons, parmesan cheese, and choice of dressing
- Tuna on Lettuce Greens
- Stuffed Baked Potato
- Deli Sandwiches
- Chewy Cookies
- Fresh Fruit

Beverage Selection:

- 2% milk in assorted flavors including white, chocolate, and strawberry,
- Bottled water
- Low calorie fruit beverages
- 100% Fruit Juice

Week Two:

- Mon:** Beef Taco Salad, Fiesta Beans, Fruit, Brownie
Tue: Buffalo Chicken Wings, Corn on Cob, Salad Bar, Fruit
Wed: Cheeseburger, Trail Mix, Fruit, Cookie
Thu: Chicken & Veggie Stir Fry, Veggie Egg Roll, Fruit
Fri: Cheese Ravioli w/ Marinara Sauce, Seasoned Spinach, Wheat Roll