

Elementary School Menu- Meat/Meat Alternatives & Grains

	Entrée & Sides	Serving Size	Meat/Meat Alternative Contribution 8-10 oz eq	Grain Contribution 8-9 oz eq
Monday	Burger w/WG Bun	1 sandwich	2	2
	Smuckers Uncrustables (PB&J)	2.8 oz OR 1 sandwich	1	1.25
	Cheese Stick	1 stick	1	
Tuesday	Teryaki Chicken	4 oz	2	
	Yogurt and Seeds		2	
	Brown Rice	½ cup		1
	WW Roll/Corn Muffins	1 roll/muffin		1.5
Wednesday	Spaghetti and Meatballs	½ cup cooked spaghetti with 5 meatballs (3 oz)	1.25	1
	Turkey and Cheese Sub	1 sandwich	1.75	2
Thursday	Chicken Soft Tacos	1 taco	1.5	1.75
	Smuckers Uncrustables (PB&J)	2.8 oz OR 1 sandwich	1	1.25
	Cheese Stick	1 stick	1	
Friday	Pizza Dippers	2 sticks	1.25	1.5
	Turkey and Cheese Sub	1 sandwich	1.75	2
<u>Totals</u>			Main: 10 Alt:8.5	Main: 8.75 Alt:8