



HEALTHY, HUNGER-FREE KIDS ACT OF 2010

# Before/After Elementary School Lunch Menu

## Monday

BEFORE

Bean and cheese burrito (5.3 oz)  
with mozzarella cheese (1 oz)  
Applesauce (1/4 cup)  
Orange Juice (4 oz)  
2% Milk (8 oz)

AFTER

Submarine Sandwich  
(1 oz turkey, .5 oz low-fat cheese)  
on Whole Wheat Roll  
Refried Beans (1/2 cup)  
Jicama (1/4 cup)  
Green Pepper Strips (1/4 cup)  
Cantaloupe wedges, raw (1/2 cup)  
Skim Milk (8oz)  
Mustard (9 grams)  
Reduced fat mayonnaise (1oz)  
Low Fat Ranch Dip (1 oz)

## Tuesday

BEFORE

Hot dog on bun (3 oz)  
with ketchup (4 T)  
Canned Pears (1/4 cup)  
Raw Celery and Carrots  
(1/8 cup each)  
with ranch dressing (1.75 T)  
Low-fat (1%) Chocolate Milk (8 oz)

AFTER

Whole Wheat Spaghetti  
with Meat Sauce (1/2 cup)  
and Whole Wheat Roll  
Green Beans, cooked (1/2 cup)  
Broccoli (1/2 cup)  
Cauliflower (1/2 cup)  
Kiwi Halves, raw (1/2 cup)  
Low-fat (1%) Milk (8 oz)  
Low Fat Ranch Dip (1 oz)  
Soft Margarine (5 g)

## Wednesday

BEFORE

Pizza sticks (3.8 oz)  
with marinara sauce (1.4 cup)  
Banana  
Raisins (1 oz)  
Whole Milk (8 oz)

AFTER

Chef Salad  
(1 cup romaine, .5 oz low-fat mozzarella,  
1.5 oz grilled chicken) with Whole Wheat  
Soft Pretzel (2.5 oz)  
Corn, cooked (1/2 cup)  
Baby Carrots, raw (1/4 cup)  
Banana  
Skim Chocolate Milk (8 oz)  
Low Fat Ranch Dressing (1.5 oz)  
Low Fat Italian Dressing (1.5 oz)



## Thursday

BEFORE

Breaded beef patty (4 oz)  
with ketchup (2 T)  
Wheat roll (2 oz)  
Frozen Fruit Juice Bar (2.4 oz)  
2% Milk (8 oz)

AFTER

Oven-Baked Fish nuggets (2 oz)  
with Whole Wheat Roll  
Mashed Potatoes (1/2 cup)  
Steamed Broccoli (1/2 cup)  
Peaches  
(canned, packed in juice - 1/2 cup)  
Skim Milk (8 oz)  
Tartar Sauce (1.5 oz)  
Soft Margarine (5 g)

## Friday

BEFORE

Cheese pizza (4.8 oz)  
Canned Pineapple (1/4 cup)  
Tater Tots (1/2 cup)  
with ketchup (2 T)  
Low-fat (1%) Chocolate Milk (8 oz)

AFTER

Whole Wheat Cheese Pizza  
(1 slice)  
Baked Sweet Potato Fries  
(1/2 cup)  
Grape tomatoes, raw (1/4 cup)  
Applesauce (1/2 cup)  
Low-fat (1%) Milk (8 oz)  
Low Fat Ranch Dip (1 oz)