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| Agreement # | Sponsor | Contact Name | Grade Groups: 6-8  Week 1 8/13- 8/17/18 |
|  | Innovations Charter School | Angela Hauke |

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| Components | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| **Meat/Meat Alternates**  Minimums:  Day: 1 oz.  Week: 8 oz. | Item | Oven Fried Chicken | Baked Ziti | Oven- Baked Fish Sticks | Curry Chicken | Cheese/Pepperoni Pizza /reduced Fat 1 slice |
| Portion | 1 breast or leg or 2 drumsticks | 2 oz. | 2 oz. | 2 0z. | 1 slice =4.6 oz. |
| Contribution (oz. eq.) | 2 oz | 2 M/MA | 2 M/MA | 2 M/MA | 2 M/MA |
| 2nd Item  (If planned) |  | Meat Sauce |  |  |  |
| Portion |  | 2 oz |  |  |  |
| Contribution (oz. eq.) |  |  |  |  |  |
| **Whole Grains/**  **Whole Grain Rich**  Minimums:  Day: 1 oz.  Week: 8 oz. | Item | WG Roll | WG Break Stick | WG Rolls | WG Biscuits | WG Pizza Crust 2 0z. |
| Portion  (Cooked pasta/rice in cups) | 1 serving (roll) | 2 oz. = 2 oz. eq. | 2 oz. . eg. grain | 1 oz | 2 oz. = 2 oz. eq. |
| Contribution (oz. eq.) | 2 oz. eq. | 2 oz. eq. |  |  | 1 oz. eq. |
| 2nd Item  (If planned) |  | Ziti noodles |  |  |  |
| Portion  (Cooked pasta/rice in cups) |  | ½ cup |  |  |  |
| Contribution (oz. eq.) |  | 2 oz |  |  |  |
| **Fruits**  Minimum:  ½ cup/day | Item | Chilled Peach Slices | Chilled Mandarin Oranges | Fruit Cocktail | Diced Pears | Orange Wedges |
| Portion in cups | 1/4 cup | ¼ cup | 1/4 cup | * 1/4 cup | ¼ cup |
| 2nd Item  (If planned) |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |

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| Vegetables ¾ cup per day | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| **Dark Green**  ½ cup/week | Item | Green Beans | Romaine Garden Salad |  |  |  |
| Portion in cups | ½ cup | ½ cup (credit as ¼ cup |  |  |  |
| **Red/Orange**  ¾ cup/week | Item |  | Sliced Tomatoes | Sweet Potato Fries |  |  |
| Portion in cups |  | ½ cup | ½ cup |  |  |
| **Beans**  ½ cup/week | Item |  |  | Baked Beans |  |  |
| Portion in cups |  |  | 1 cup |  |  |
| **Starchy**  ½ cup/week | Item | Mash Potatoes |  |  | WGR Brown Rice |  |
| Portion in cups | ¼ cup |  |  | 2 oz |  |
| **Other Vegetables**  ½ cup/week | Item |  |  |  | corn | Celery sticks |
| Portion in cups |  |  |  | ½ cup | ½ cup |
| Other Foods | Item |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| Condiments | Item |  |  |  |  | Tran-Fat Free Dressing |
| Portion size |  |  |  |  | 1 Packet |

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|  |  | White | Chocolate | Strawberry | Other (specify) |
| **Daily**  **Milk** | Fat Content | 1% or fat free | Fat Free | Fat Free |  |
| Fluid oz. | 8 fl. oz. | 8 fl. oz. | 8 fl. oz. |  |

