

# 1/2 Hotel Pans:	Portion by Age Group			Monday	Tuesday	Wednesday	Thursday	Friday
5 LUNCH	1-2	3-5	6-12	7/1/2024	7/2/2024	7/3/2024	7/4/2024	7/5/2024
Components				Brocoli Cheddar Casserole	Mexican Rice	Chili Mac		Turk Stroganoff
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk		1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Wg Rice	WG Rice	WG Noodle		Wg Noodles
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar, Mozz	turkey	Beef		Turkey
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Beans, Tomatoes, corn	onions, peppers	July 4th	Green Beans
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Apple Sauce	Peaches		Diced Pears
5 Dinner								
Components				Veggie Alfredo	Beef Nachos	Dirty Rice		Chili Mac
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk		1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Wg Penne	WG Tortilla Chips	WG Rice		WG Noodle
Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	Beef	chicken		Beef
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli, Cauliflower	Salsa, Lettuce, Tomato	Peppers, onions		onions, peppers
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Diced Peaches	Tropical Fruit		Peaches
5 LUNCH	1-2	3-5	6-12	7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024
Components				Roasted Veg salad	Burrito Bowls	Chicken Pasta salad	Mongolian Beef	Turkey Stir Fry
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or whole milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Roll	Wg Rice	WG Noodles	WG Pasta	WG Rice
Meat/Meat Alternate	1oz	1.5oz	2oz	Garbanzo Beans, Cheese	turkey	Chicken	Beef	Turkey
Vegetable	1/8 cup	1/4 cup	1/2 cup	Sweet potato, Turnip	Lettuce, Beans	Onions, Tomato	Peppers, onions, peas	Mixed Veg
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Peaches	Oranges	Tropical Fruit	Diced Pears
5 Dinner								
Components				Red Beans & rice	Taco Pie	Mongolian Beef	Turkey Stir Fry	Chicken Pasta salad
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or whole milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Rice	WG Chips	WG Pasta	WG Rice	WG Noodles
Meat/Meat Alternate	1oz	1.5oz	2oz	Red Beans	Turkey	Beef	Turkey	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	tomatoes, Onions & Pepper	Salsa, Black Bean, tomato	Peppers, onions, peas	Mixed Veg	Onions, Tomamto
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Apple Sauce	Tropical Fruit	Diced Pears	Oranges
5 LUNCH	1-2	3-5	6-12	7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024
Components				Tomato Basil pasta	Taco Pasta	Salad	Beef Stir Fry	Curry Chicken Stew
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Wg Pasta	WG Penne	WG bread	WG Rice	WG Pitas
Meat/Meat Alternate	1oz	1.5oz	2oz	Mozz, Parm	Ground Turkey	Cheese, Egg	Beef	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broc, Cauliflower mix	Onions, Peppers	Tomato, lettuce	Mixed Veg	Chickpeas, carrots
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Diced Pears	Apple Sauce	Diced Pears	Oranges
5 Dinner								
Components				Veggie Shephards Pie	Turkey Tacos	Beef Stir Fry	Curry Chicken Stew	Salad
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Roll	Tortilla	WG Rice	WG Pitas	WG bread
Meat/Meat Alternate	1oz	1.5oz	2oz	Navy beans	Turkey Tacos	Beef	Chicken	Cheese, Egg
Vegetable	1/8 cup	1/4 cup	1/2 cup	Mashed Potato	Salsa , Lettuce	Mixed Veg	Chickpeas, carrots	Tomato, lettuce
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Tropical Fruit	Peaches	Diced Pears	Oranges	Apple Sauce
5 LUNCH	1-2	3-5	6-12	7/22/2024	7/23/2024	7/24/2024	7/25/2024	7/26/2024
Components				Broccoli Cheddar Casserole	Taco Salad	Broc cheddar Cass	Goulash	Turkey Stir Fry
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	Wg Rice	Tortilla Chips	Wg Rice	Wg Noodles	Wg Rice
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar, Mozz	Beef	Chicken	Ground Beef	Turkey
Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Black Beans, Corn, Salsa	Broccoli, peppers	Tomatoes, Mixed veg	Peppers, Onions, Broc
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Mandarin Oranges	Diced Pears	Tropical Fruit	Peaches
5 Dinner								
Components				Mac and Cheese	Chicken Fajitas	Goulash	Turkey Stir Fry	Broc cheddar Cass
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Noodles	Wg Tortillas	Wg Noodles	Wg Rice	Wg Rice
Meat/Meat Alternate	1oz	1.5oz	2oz	Cheddar Cheese	Chicken	Ground Beef	Turkey	Chicken
Vegetable	1/8 cup	1/4 cup	1/2 cup	Mixed Vegetables	Charro Beans	Tomatoes, Mixed veg	Peppers, Onions, Broc	Broccoli, peppers
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Applesauce	Applesauce	Diced Pears	Tropical Fruit	Peaches
5 LUNCH	1-2	3-5	6-12	7/29/2024	7/30/2024	7/31/2024	8/1/2024	8/2/2024
Components				Veggie Goulash	Arroz con Pavo	Sloppy Joes	Curry Chicken	Rotini & Meat Sauce
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz		WG Rice	Wg Bun	WG Rice	Pasta
Meat/Meat Alternate	1oz	1.5oz	2oz	Red Beans, Cheese	Turkey	Turkey	Chicken	beef
Vegetable	1/8 cup	1/4 cup	1/2 cup	Tomato, Onion, Pepper	Peppers, Onions, Corn	Mixed Veg	Chickpeas, potato	Vegeable Salad
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Mandarin Oranges	Peaches	Oranges	Tropical Fruit
5 Dinner								
Components				Red Beans & Rice	Mexican Lasagna	Curry Chicken	Rotini & Meat Sauce	Sloppy Joes
Fluid Milk	4 oz	6 oz	8 oz	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk	1% or Whole Milk
Grain/Bread Alternate	1/2 oz	1/2 oz	1 oz	WG Rice	Wg Tortilla	WG Rice	Pasta	Wg Bun
Meat/Meat Alternate	1oz	1.5oz	2oz	Beans	beef	Chicken	beef	Turkey
Vegetable	1/8 cup	1/4 cup	1/2 cup	Onions & Peppers	Corn, Black Beans	Chickpeas, potato	Vegeable Salad	Mixed Veg
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup	Apple Sauce	Diced Pears	Oranges	Tropical Fruit	Peaches