

ALLEGHANY COUNTY SCHOOLS  
CHILD NUTRITION MENUS

3/28/2014



APRIL 2014 K-8



	MONDAY 3/31/2014	TUESDAY 4/1/2014	WEDNESDAY 4/2/2014	THURSDAY 4/3/2014	FRIDAY 4/4/2014
Amounts of Food per week (minimum per day) M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2) M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2)	No SCHOOL	Chicken Nuggets Bar-B-Que Chicken	Mini Corn Dogs Pinto Beans w/onions on the side	Beef Rib Shaped w/BBQ sauce Pork BarBQ	Big Daddy's Pepperoni Pizza Ravioli
Grains (oz.eq) Elem/8-9(1)-HS 10-12(2)		Biscuit	Corn Bread (2)	Hamburger Bun	Whole Grain Roll
Vegetables(cups) Elem/3-3/4(3/4)-HS 5(1)	TEACHER WORKDAY	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)
Dark Green cups Elem/ 1/2 - HS 1/2		Baby Carrots (1/2 c)		Glazed Carrots (1/2 c)	
Red/Orange cups Elem. 3/4 - HS 1-1/4		Baked Beans (1/2 c)			
Beans(legumes) cups Elem 1/2- HS 1/2			Mashed Potatoes (1/2 c)	Corn on cob (1 pieces)	Corn (1/2 c)
Starchy cups Elem 1/2 - HS 1/2				Carrot Cole Slaw (1/2 c)	
Other vegetable cups Elem. 1/2 - HS 3/4		Broccoli (buttered) (1/2 c)	Carrot Cole slaw (1/2 c)		
Additional Veg. to reach total Elem 1 - HS 1-1/2		Pears	Mixed Fruit (1/2 c)	Bananas	Strawberries
Fruits (cups) Elem. 2-1/2 (1/2) - HS 5 (1)		Apples	Strawberries (1/2 c)	Peaches (diced or sliced 1/2 c)	Apple
Fluid Milk (cups) Elem. 5 (1) HS 5 (1)		Milk	Milk	Milk	Milk
Amounts of Food per week (minimum per day) M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2) M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2)	4/7/2014 Baked Ham Chicken Tenders	4/8/2014 Pork Chop with Bun Sloppy Joe on Bun	4/9/2014 Taco Salad w/ tortilla chips (2 oz.) Cheese Quesadilla	4/10/2014 Stir-Fry Chicken Turkey Sandwich on WG Hoagie Roll Egg Roll	4/11/2014 Cheese Pizza Spaghetti w/meat sauce
Grains (oz.eq) Elem/8-9(1)-HS 10-12(2)	WG Yeast Roll			Rice (1 c)	Garlic Toast WG (1)
Vegetables(cups) Elem/3-3/4(3/4)-HS 5(1)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	Cheese for sandwich (1 slice)	Romaine Salad w/dressing (1/2 c)
Dark Green cups Elem/ 1/2 - HS 1/2		Sweet Potato (1 whole or 1/2 cup)	Salsa (1/4 c)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)
Red/Orange cups Elem. 3/4 - HS 1-1/4		Green Peas (1/2 c)	Refried Beans (1/2 c)		Grape tomatoes (1/2 c)
Beans(legumes) cups Elem 1/2- HS 1/2		Roasted Summer Squash (1/2 c)	Corn (1/2 c)		Corn (1/2 c)
Starchy cups Elem 1/2 - HS 1/2	Corn (1/2 c)		Shredded lettuce and diced tomatoes (1/2 c)	Stir-fry veggies (1/2 c)	
Other vegetable cups Elem. 1/2 - HS 3/4	Green Beans (1/2 c)		Pears (1/2 c)	Lettuce and Tomato (1/2 c eq)	
Additional Veg. to reach total Elem 1 - HS 1-1/2			Pineapple (1/2 c)	Bananas	Mixed Fruit (1/2 c)
Fruits (cups) Elem. 2-1/2 (1/2) - HS 5 (1)	Peach Cup (1/2 c)	Apples	Milk	Peaches (1/2 c)	Bananas
Fluid Milk (cups) Elem. 5 (1) HS 5 (1)	Apple	Pears (1/2 c or whole)		Milk	Milk
	Milk	Milk			
Amounts of Food per week (minimum per day) M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2) M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2)	4/14/2014 Chicken Fillet on WG Bun Fish Fillet on WG Bun	4/15/2014 Beef Rib Shaped w/BBQ Sauce Pork BarBQ	4/16/2014 Hot Dog on a whole grain bun w/chili Hamburger on a whole grain bun Cheese (1 slice)	4/17/2014 Pepperoni Pizza Manicotti W/Spaghetti Sauce	4/18/2014 NO SCHOOL
Grains (oz.eq) Elem/8-9(1)-HS 10-12(2)		WG Bun	Tortilla chips (1 oz.) (High School ONLY)	Whole grain roll	
Vegetables(cups) Elem/3-3/4(3/4)-HS 5(1)					GOOD FRIDAY HOLIDAY
Dark Green cups Elem/ 1/2 - HS 1/2	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	
Red/Orange cups Elem. 3/4 - HS 1-1/4	Glazed Carrots (1/2 c)	Fresh Baby Carrots (1/2 c) w/dressing		Sweet Potato Puffs (1/2 c)	
Beans(legumes) cups Elem 1/2- HS 1/2			Baked Beans (1/2 c)		
Starchy cups Elem 1/2 - HS 1/2	Oven Fries (1/2 c)	Potato Rounds (1/2 c)	Potato wedges (1/2 c)	Corn (1/2 c)	
Other vegetable cups Elem. 1/2 - HS 3/4		Green Beans (1/2 c)	Carrot Cole Slaw (1/2 c)		
Additional Veg. to reach total Elem 1 - HS 1-1/2	Fresh Broccoli and Cauliflower	Carrot Cole Slaw (1/2 c)	Lettuce & Tomato (1/2 c)		
Fruits (cups) Elem. 2-1/2 (1/2) - HS 5 (1)	Apple	Pears (fresh or 1/2 c)	Apple	Mixed Fruit (1/2 c)	
Fluid Milk (cups) Elem. 5 (1) HS 5 (1)	Strawberry cup (1/2 c)	Apple	Pineapple (1/2 c)	Apple	
	Milk	Milk	Milk	Milk	

# ALLEGHANY COUNTY SCHOOLS CHILD NUTRITION MENUS

Amounts of Food per week (minimum per day)

M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2)

M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2)

	4/21/2014	4/22/2014	4/23/2014	4/24/2014	4/25/2014
	<b>NO SCHOOL</b>	<b>Chicken Fillet on WG Bun Fish Fillet on WG Bun</b>	<b>Pork Bar-B-Q on whole grain bun Chicken Rings</b>	<b>Sloppy Joe on a whole grain bun Cheeseburger on Bun</b>	<b>Cheese Pizza Lasagna Roll-Up w/spaghetti sauce</b>
Grains (oz.eq) Elem/8-9(1)-HS 10-12(2)			Biscuit		Garlic toast, whole grain
Vegetables(cups) Elem/3-3/4(3/4)-HS 5(1)	<b>SPRING BREAK</b>				
Dark Green cups Elem/ 1/2 - HS 1/2		Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)	Romaine Salad w/dressing (1/2 c)
Red/Orange cups Elem. 3/4 - HS 1-1/4		Grape Tomatoes (1/2 c)		Sweet Potato Tater Tots (1/2 c)	Fresh Baby Carrots (1/4cup) w/dressing
Beans(legumes) cups Elem 1/2- HS 1/2		Baked Beans (1/2 c)		Baked Beans (1/2 c)	
Starchy cups Elem 1/2 - HS 1/2		Corn (1/2 c)	Potato Wedges (1/2 c)		Corn (1/2 c)
Other vegetable cups Elem. 1/2 - HS 3/4			Carrot Cole Slaw (1/2 c)		Cucumber strips, fresh (1/2 c)
Additional Veg. to reach total Elem 1 - HS 1-1/2		Carrot Cole Slaw (1/2 c)	Jell-O	Broccoli, steamed (1/2cup)	
Fruits (cups) Elem. 2-1/2 (1/2) - HS 5 (1)		Applesauce (1/2 c) Mixed Fruit (1/2 c)	Pears Strawberry cup, frozen (1/2 c)	Banana Peaches (1/2 c)	Strawberries (1/2 c) Mixed Fruit (1/2 c)
Fluid Milk (cups) Elem. 5 (1) HS 5 (1)		Milk	Milk	Milk	Milk

Amounts of Food per week (minimum per day)

M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2)

M/MA (oz.eq.)Elem/ 8-10 (1)-HS 10-12(2)

	4/28/2014	4/29/2014	4/30/2014	5/1/2014	5/2/2014
	<b>Chicken Fajitas w/salsa Mozzarella Cheese Breadsticks w/spaghetti sauce</b>	<b>Turkey and cheese on Hogie Roll Ham and cheese on Hogie Roll</b>	<b>Baked Ham Chicken Nuggets</b>	<b>Taco Salad w/tortilla chips/cheese/ shredded lettuce, tomatoes Cheese Quesadilla</b>	<b>Pepperoni Pizza Manicotti w/spagetti sauce</b>
Grains (oz.eq) Elem/8-9(1)-HS 10-12(2)			WG Roll		WG Garlic Toast
Vegetables(cups) Elem/3-3/4(3/4)-HS 5(1)					
Dark Green cups Elem/ 1/2 - HS 1/2	Romaine Salad w/dressing	Romaine Salad w/dressing	Romaine Salad w/dressing	Romaine Salad w/dressing	Romaine Salad w/dressing
Red/Orange cups Elem. 3/4 - HS 1-1/4			Sweet Potatoes (1/2 c)	Salsa (1/4 c)	Fresh Baby Carrots
Beans(legumes) cups Elem 1/2- HS 1/2	Baked Beans (1/2 c eq.)		Pinto Beans (1/2 c)	Baked Beans (1/2 c)	
Starchy cups Elem 1/2 - HS 1/2	Oven Fries (1/2 c)	Green Peas (1/2 c)		Corn (1/2 c)	Corn (1/2 c)
Other vegetable cups Elem. 1/2 - HS 3/4		Carrot Cole Slaw (1/2 c)	Carrot Cole Slaw (1/2 c)		
Additional Veg. to reach total Elem 1 - HS 1-1/2	Broccoli and cauliflower, fresh (1/2 c)				
Fruits (cups) Elem. 2-1/2 (1/2) - HS 5 (1)	Peaches (1/2 c) Pears (1/2 c)	Mixed Fruit (1/2 c) Applesauce (1/2 c)	Peaches (1/2 c) Mixed Fruit (1/2 c)	Apple Banana	Strawberries and Bananas Blueberries
Fluid Milk (cups) Elem. 5 (1) HS 5 (1)	Milk	Milk	Milk	Milk	Milk

ALLEGHANY COUNTY SCHOOLS  
CHILD NUTRITION MENUS

ALLEGHANY COUNTY SCHOOLS  
CHILD NUTRITION MENUS