

**HealthierUS School Challenge
Anytown Elementary Lunch Menu
Simple Menu Exercise - Gold Award**

October Menu—Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna, (USDA recipe, D-25) 1 piece Green beans, ¼ c. Cucumber sticks, 1/8 c. Fresh apple quarters, 3/8 c Whole wheat roll, 1 oz Milk choice, 8 oz	Roast turkey, 2 oz Candied yams, ¼ c Black-eyed peas, ¼ c Steamed broccoli, ¼ c Frozen cherry cobbler, ¼ c Whole wheat roll, 1oz Milk choice, 8 oz	Grilled chicken nuggets, 2 oz BBQ/Catsup Mashed potatoes, ¼ c Peas, ¼ c Carrot sticks, ¼ c Whole wheat sugar cookie, 1 Milk choice, 8 oz	Soft shell taco, (2 shells, 2 oz ground beef) with lettuce, tomato, (¼ c) and cheese Brown rice, 1/2 c, w/salsa Green salad w/ romaine, ¼ c Fresh strawberry cup, ¼ c Milk choice, 8 oz	Pizza, 2 oz M/MA, 1 oz grain Corn, ¼ c Salad with green leaf lettuce, raw spinach, broccoli, ¼ c Cantaloupe, ¼ c Whole wheat bread sticks, 1oz Milk choice, 8 oz

Milk choice includes low-fat (1%) offered daily.