

“GOLD STANDARD” CYCLE MENUS – 2006

St. Tammany Parish School, Louisiana

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Salisbury Steak Potatoes, Mashed Apple, Wheels Roll (W.W.)* Milk * (W.W.) = Whole Wheat	Beef Taco Cheese, Shredded Salsa Salad (**) Cinnamon Roll (W.W.) Corn Shells/Flour Tortilla Milk	Catfish Baked Potato Broccoli, Florets Kiwi, Wheels Roll (W.W.) Milk	Chicken Strips Carrot, Sticks Cantaloupe, Cubes OR Strawberries, Whole Peaches, cn. Macaroni-n-Cheese Roll (W.W.) Milk	Red Beans w/Smoked Sausage Spinach, fz. Red Grapes Orange, Wheels Rice Cornbread Milk Grandpappy Cookie (W.W.)
WEEK 2	Ham-n-Cheese Wrap Salad (**) Strawberries, Whole Orange, Wheels Bread Sticks (W.W.) Milk	Spaghetti w/Meat sauce Broccoli, Florets Cantaloupe, Cubes Red Grapes Roll (W.W.) Milk	Hamburger Pattie Baked Beans Lettuce, Green Leaf Kiwi, Wheels OR Red Grapes Bun Milk Brownie (W.W.)	Chicken-Sausage Gumbo Carrot, Sticks Banana, Half Apple, Wheels Rice Bread Sticks (W.W.) Milk	Pizza Corn Orange, Wheels Crust (W.W.) Milk
WEEK 3	Beef Taco Cheese, Shredded Salsa Salad (**) Corn Cinnamon Roll (W.W.) Corn Shells/Flour Tortilla Milk	Chicken Strips Broccoli, Florets Red Grapes Peaches, cn. Macaroni-n-Cheese Roll (W.W.) Milk	Salisbury Steak Potatoes, Mashed Orange, Wheels Apple, Wheels Roll (W.W.) Milk	Cheesy Chili Corn Kiwi, Wheels Breadsticks (W.W.) Milk	Red Beans w/Smoked Sausage Spinach, fz. Orange, Wheels Cantaloupe, Cubes OR Strawberries, Whole Rice Cornbread Milk Grandpappy Cookie (W.W.)
WEEK 4	Turkey Roast Potatoes, Mashed Cantaloupe, Cubes Banana, Half Roll (W.W.) Milk	“Pig-in-a-Blanket” (Turkey Frank w/W.W. Wrap) OR Turkey Frank w/Bun Baked Beans Orange, Wheels Peaches, cn. Milk Serve Brownie (W.W.) w/Purchased Bun	Spaghetti w/Meat Sauce Salad (**) Watermelons, Wedge Red Grapes Roll (W.W.) Milk	Chicken Strips Carrot, Sticks Kiwi, Wheels Pineapple, cn. Macaroni-n-Cheese Roll (W.W.) Milk	Pizza Corn Orange, Wheels Crust (W.W.) Milk

Revised 10/26/06

(**) Gold Standard Salad – Green Leaf lettuce (1.2 c.), Red Cabbage, Shredded (1/16 c.), Fresh Spinach (1/16 c.), Carrots, Shredded (1/16 c.)

HEALTHIERUS SCHOOL GUIDELINES

TABLE 2

WEEKLY CHECKLIST:									
	GOLD #1	GOLD #2	BRONZE/SILVER #1	BRONZE/SILVER #2	BRONZE/SILVER #4	BRONZE/SILVER #5	BRONZE/SILVER #6	BRONZE/SILVER #8	BRONZE/SILVER #9
	(BRONZE/SILVER #3)	(BRONZE/SILVER #7)							
	Fresh Fruit/OR Raw Vegetable (Daily)	Enriched Whole Wheat Product (Daily)	3 Different Fruits & 5 Different Vegetables (Weekly)	Dark Green or Deep Yellow Fruit or Vegetable (3 x week)	Vitamin C Source (Daily)	4 Different Entrées (Weekly)	Cooked Dried Beans (Weekly)	2 Iron Sources (Daily)	Low-Fat Milk (Daily)
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Includes:		Bronze/Silver #2	Bronze/Silver #4 Choose Minimum 1/day:		Bronze/Silver #8				
51% WW Flour Minimum <ul style="list-style-type: none"> • Breadstick/Cinnamon Roll/Roll • Whole Wheat Oatmeal Raisin Cookie Note: Cornbread (Cornmeal 51%)		Choose Minimum 3/week <ul style="list-style-type: none"> • Broccoli Florets • Cantaloupe • Carrot Sticks • Kiwi • Lettuce, Green Leaf • Orange • Peaches • Spinach • Sweet Potato 	Fruit: <ul style="list-style-type: none"> • Banana • Cantaloupe • Grapes • Honey Dew • Kiwi • Orange • Peaches • Pineapple • Strawberries • Tangerines • Watermelon 	Vegetables: <ul style="list-style-type: none"> • Beans, Limas, Refried Bell Peppers • Broccoli florets • Cabbage, Red • Cauliflower • Corn • Fz Fruit Bar • Peas, Green • Potatoes, Sweet, • White • Spinach • Tomatoes • Tomato products (Pizza, Salsa, Spaghetti Sauce) 	Beans, baked, kidney, navy Beef Bread, whole wheat, white Chicken Crackers Fish, catfish, tuna Frankfurter Lima beans Macaroni, enriched Noodles, enriched Peas, Green Pizza, Cheese Pizza, Meat	Pork Potato, baked Potato, salad Raisins Refried Beans Rice, white Rolls, (buns) Spaghetti Spinach Strawberries Sweet potatoes Tomato, products Turkey			