

Sample North Dakota Menu

Criteria	Monday	Tuesday	Wednesday	Thursday	Friday
Menu Items	Sloppy Joe on Whole Wheat Bun Baked Beans Corn Chips Green Beans Cantaloupe Skim Milk OR Chocolate Skim Milk	Beef Burrito Brown Rice Salsa Waldorf Salad Fresh Grapes Mexicorn Skim Milk OR Chocolate Skim Milk	Spaghetti w/ Meat Sauce Whole Wheat Breadstick Romaine Lettuce Salad w/HVR Dressing Carrot Sticks Pineapple Skim Milk OR Chocolate Skim Milk	Chicken Fajitas on a Whole Wheat Tortilla w/lettuce, salsa, tomato, cheese, light sour cream Whole Wheat Bread w/margarine Banana Peas Skim Milk OR Chocolate Skim Milk	Turkey w/Gravy Mashed Potatoes Sweet Potatoes Broccoli Salad Peaches Whole Wheat Dinner Roll w/margarine Skim OR Chocolate Skim Milk
Whole Grains (3 times per week or daily)	Whole Wheat Bun Corn Chips	Tortilla Brown Rice	Whole Wheat Breadstick	Tortilla Whole Wheat Bread	Whole Wheat Dinner Roll
Fruits (3 different/week)	Cantaloupe	Grapes Waldorf Salad	Pineapple	Banana	Peaches
Vegetables (5 different/week)	Green Beans Baked Beans	Salsa Mexicorn	Carrot Sticks Romaine Lettuce	Peas Tomatoes Lettuce Salsa	Broccoli Salad Sweet Potatoes Mashed Potatoes
Dark Green/ Orange F/V (3 or more/week)	Cantaloupe		Carrot Sticks Romaine Lettuce		Broccoli Salad Sweet Potatoes Peaches
Fresh/Raw Fruit or Vegetable (3 per week or daily)	Cantaloupe	Grapes Waldorf Salad (raw apples)	Carrot Sticks Romaine Lettuce	Banana Lettuce	Broccoli Salad
Vitamin C (Daily)	Sloppy Joe Cantaloupe	Beef Burrito Grapes	Pineapple	Banana Peas	Broccoli Salad Sweet Potato Peaches
Different Meat/Meat Alternates (4/week)	Sloppy Joe	Beef Burrito	Spaghetti w/Meat Sauce	Chicken Fajita	Turkey
Iron (Two .8 mg/serving or 1.6 mg/serving daily)	Sloppy Joe	Beef Burrito	Spaghetti w/Meat Sauce	Chicken Fajita	Turkey
Legumes (once a week)	Baked Beans				
Milk (1% or Skim)	Skim Chocolate Skim	Skim Chocolate Skim	Skim Chocolate Skim	Skim Chocolate Skim	Skim Chocolate Skim