Section 2: Mississippi Cycle II Menus

Menus are the driving force in any foodservice operation. Many factors influence the menu: equipment in the kitchen, storage space (frozen and dry), number of staff, staff food production skills, student participation, student preferences, student ages, local food culture, and many more.

Nutrient Standards

The USDA Nutrient Standards for grades K-6 (Elementary Grades) and 7-12 (Secondary Grades) were used to develop the menus. Nutrient standards used are detailed in the table on page 5.

What is a cycle menu?

A cycle menu is a menu that repeats at a specific interval. If you write a cycle menu for four weeks or 20 days, the first day of the menu will begin to repeat on Day 21.

What are the benefits of using cycle menus?

MsC II is a cycle menu. Benefits include:

® Administrative Savings
® Accurate Forecasting
® Effective Purchasing
® Accurate Staffing
® Enhanced Production Skills
® Reduction in Food Waste
® Minimum Inventory
® Reduction in Food and Labor Costs
® Menu Flexibility

Mississippi Cycles II Menus

Elementary

Two elementary cycle menus were developed for students in grades K-6.

Elementary – Two Choices

This four-week cycle menu gives students two choices in each meal component:

- ☺ Two entree choices are offered daily, and each serving is equivalent to at least 2 ounces of meat/meat alternate.
- ☺ Two vegetable choices are offered daily, and each serving is equivalent to at least 3/8 cup of vegetable.
- ☺ Two fruit choices are offered daily, and each serving is equivalent to at least 3/8 cup of fruit.
- ☺ Two bread choices are offered daily, and each serving is equivalent to at least 1 grain/bread. Bread choices may be a part of the meat/meat alternate menu item.
- ☺ A variety of fluid milk is offered daily in 1/2 pint individual serving cartons and is equivalent to one milk component.
- ☺ Desserts are offered to complement the menu.

Elementary – Three Choices

This four-week cycle menu gives students three choices in each meal component.

- ☺ Three entree choices are offered daily, and each serving is equivalent to at least 2 ounces of meat/meat alternate.
- ☺ Three vegetable choices are offered daily, and each serving is equivalent to at least 3/8 cup of vegetable.

- ☺ Three fruit choices are offered daily, and each serving is equivalent to at least 3/8 cup of fruit.
- ☺ Three bread choices are offered daily, and each serving is equivalent to at least 1 grain/bread. Bread choices may be a part of the meat/meat alternate menu item.
- ☺ A variety of fluid milk is offered daily in 1/2 pint individual serving cartons and is equivalent to one milk component.
- ☺ Desserts are offered to complement the menu.

Secondary Menus

Two secondary cycle menus were developed for students in grades 7-12.

Secondary – Four Choices

This four-week cycle menu gives students four choices in entrees and three choices in other meal components. It gives students more choices in each meal component than the menu plan for elementary students.

- ☺ Four entree choices are offered daily, and each serving is equivalent to at least 2 ounces of meat/meat alternate.
- ☺ Three vegetable choices are offered daily, and each serving is equivalent to at least 1/2 cup of vegetable.
- ☺ Three fruit choices are offered daily, and each serving is equivalent to at least 1/2 cup of fruit.
- ☺ Two bread choices are offered daily, and each serving is equivalent to at least 1 grain/bread. Bread choices may be a part of the meat/meat alternate menu item.

- ☺ A variety of fluid milk is offered daily in 1/2 pint individual serving cartons and is equivalent to 1 milk component.
- ☺ A dessert is offered to complement the menu.

Secondary – Six Choices

This four-week cycle menu gives students six choices in entrees and three choices in other meal components.

- © Six entree choices are offered daily, and each serving is equivalent to at least 2 ounces of meat/meat alternate.
- © Three vegetable choices are offered daily, and each serving is equivalent to at least 1/2 cup of vegetable.
- © Three fruit choices are offered daily, and each serving is equivalent to at least 1/2 cup of fruit.
- © Two bread choices are offered daily, and each serving is equivalent to at least 1 grain/bread. Bread choices may be a part of the meat/meat alternate menu item.
- © A variety of fluid milk is offered daily in 1/2 pint individual serving cartons and is equivalent to 1 milk component.
- © A dessert is offered to complement the menu.

Menus and Nutrient Analysis of Menus

Menus and the Average Daily Nutrients for each week of the ***MSC II*** cycles are printed following *page 5.*

USDA NUTRIENT STANDARDS USED IN MISSISSIPPI CYCLES II

Grade Level	Calories	Protein	Calcium	Iron	Vitamin A	Vitamin C
Elementary K-6	664	10.00	286	3.50	224	15.00
Secondary 7-12	825	16.2	400	4.50	300	18.00

The chart above shows the minimum school week averages for nutrients except for fat and saturated fat. Fat should not exceed 30 percent of calories over a school week; and saturated fat should be less than 10 percent of calories over a school week. In addition be aware that for both total fat and saturated fat, the grams of fat may vary depending on the calorie level.[1] At the time of this printing, standards for carbohydrates, cholesterol, fiber and sodium had not been established. This data is calculated by nutrient analysis programs approved by USDA.

[1] A Menu Planner for Healthy School Meals, USDA FNS, 1998, page 24.

MS CYCLES II

ELEMENTARY MENU - 2 CHOICES - WEEK 1

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Chef Salad 601E	Baked Chicken Nuggets 532 Chef Salad 601E	Spaghetti w/ Meat Sauce 178 Tuna Salad Salad 634	Ham and Cheese on Bun 768 Chef Salad 601E	Taco Salad w/ Chips 626 Grilled Chicken Sandwich 764
VEGETABLE	Whole Kernel Corn 1031E Tossed Salad w/ Dressing 1126E	Mashed Potatoes 1078E Broccoli w/ Cheese Sauce 1012E	Seasoned Green Beans 1044E Carrot Sticks w/ Dip 1017	Crinkle Cut French Fries 1088E California Veggies 1058E	Pinto Beans 912 Whole Kernel Corn 1031E
FRUIT	Chilled Peach Slices 1274E Fresh Apple 1206	Pear and Kiwi Medley 1256E Orange Wedges 1270E	Chilled Pears 1284 Frozen Fruit Juice Bars 1299V	Pineapple Tidbits 1286E Fresh Fruit Bowl 1244	Rosy Applesauce 1212E Fresh Bananas 1220
GRAIN/BREAD		Yeast Roll 1358	Garlic Bread 1322		
DESSERT	Chocolate Chip Cookie, Purchased 1446	Assorted Gelatin 1498		Peanut Butter Chews 1466	
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Ketchup Variety Dipping Sauce Hot Sauce Brown Gravy		Ketchup Mustard Mayonnaise (FF)	Taco Sauce Ketchup Mustard Mayonnaise (FF)

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ELEMENTARY MENU - *2 CHOICES - WEEK 1*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	695		Iron	4.51	Mg	Protein	30.02	G	Percent ⇒	Protein	17.29%
Cholesterol	73	Mg	Calcium	483.63	Mg	Carbohydrates	90.94	G	Of ⇒	Carbohydrates	52.37%
Sodium	1725	Mg	Vitamin A	889	RE	Total Fat	21.32	G	Calories ⇒	Total Fat	21.32%
Dietary Fiber	7.74	G	Vitamin C	15.24	Mg	Saturated Fat	7.56	G	From ⇒	Saturated Fat	7.56%

MS CYCLES II

ELEMENTARY MENU - 2 CHOICES - WEEK 2

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Chicken Patty Sandwich 734? Tuna Salad Salad 634	Pizza 306 Chef Salad 600	Cheesy Chicken w/ Rice 516 Chef Salad 601E	Italian Rotini Casserole 148 Chef Salad 601E	BBQ Pulled Pork Burger 718
VEGETABLE	Crinkle Cut French Fries 1088E California Veggies 1054E	Whole Kernel Corn 1031E Tossed Salad w/ Dressing 1126E	Baked Sweet Potato 1076 Steamed Broccoli Spears 1014E	Green Peas 1070E Garden Salad w/ Dressing 1118E	Creamy Coleslaw 1116E Baked Beans 1000E
FRUIT	Fruit Juice 1299 Banana Berry Blend 1224E	Pineapple Tidbits 1286E Apple Delicious 1200	Chilled Peach Slices 1274E Fresh Bananas 1220	Hot Cinnamon Apples 1208E Fresh Oranges 1268	Chilled Pears 1282E Fresh Fruit Bowl 1244
GRAIN/BREAD			Yeast Rolls 1358	Texas Toast 1350	
DESSERT	Chocolate Pudding 1494				Brownies 1440
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Mayonnaise (FF)				

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ELEMENTARY MENU - 2 CHOICES - WEEK 2

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	671		Iron	4.15	Mg	Protein	29.95	G	Percent ⇒	Protein	17.86%
Cholesterol	71	Mg	Calcium	498.14	Mg	Carbohydrates	91.09	G	Of ⇒	Carbohydrates	54.31%
Sodium	1529	Mg	Vitamin A	638	RE	Total Fat	18.77	G	Calories ⇒	Total Fat	25.18%
Dietary Fiber	7.92	G	Vitamin C	49.21	Mg	Saturated Fat	7.03	G	From ⇒	Saturated Fat	9.43%

MS CYCLES II
ELEMENTARY MENU - 2 CHOICES - WEEK 3

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Chef Salad 601E	Baked Fish Nuggets 202 Chef Salad 601E	Fried Chicken 552 Chef Salad 601E	Turkey and Cheese on Bun 796 Chef Salad 601E	Hamburger 775
VEGETABLE	Green Peas 1070E Broccoli Salad (Ranch) 1106E	Creamy Coleslaw 1116E Southern Greens 1046E	Mashed Potatoes 1078E Mixed Vegetables 1060E	Quick Baked Potato 1084 Tossed Salad w/ Dressing 1126E	Baked Spicy Fries 1100E Raw Veggies w/ Dip 1124E
FRUIT	Apricots 1218 Fresh Pears 1280	Mandarin Fruit Cup 1254E Fresh Plums 1288	Fruit Juice 1299 Chilled Peach Slices 1274E	Blushing Chilled Pears 1276E Fresh Fruit Bowl 1244	Rosy Applesauce 1212E Fresh Grapes 1226E
GRAIN/BREAD		Northern MS Cornbread 1310?	Yeast Rolls 1358		
DESSERT	Sugar Cookie, Purchased 1484			Assorted Gelatin 1494	Yellow Cake w/ Chocolate Frosting?
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Ketchup Tartar Sauce Hot Pepper Sauce	Brown Gravy	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF)

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ELEMENTARY MENU - 2 CHOICES - WEEK 3

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	668		Iron	3.53	Mg	Protein	26.90	G	Percent ⇒	Protein	16.11%
Cholesterol	48	Mg	Calcium	508.45	Mg	Carbohydrates	86.77	G	Of ⇒	Carbohydrates	51.97%
Sodium	1644	Mg	Vitamin A	468	RE	Total Fat	21.31	G	Calories ⇒	Total Fat	28.72%
Dietary Fiber	6.16	G	Vitamin C	45.44	Mg	Saturated Fat	7.39	G	From ⇒	Saturated Fat	9.95%

MS CYCLES II

ELEMENTARY MENU - 2 CHOICES - WEEK 4

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Chef Salad 601E	Salisbury Steak w/ Gravy 172 Chef Salad 601E	BBQ Chicken 512 Chef Salad 601E	Grilled Chicken Sandwich 764 Tuna Salad Salad 634	Nachos Grande 168 Turkey and Cheese Sandwich 797
VEGETABLE	Corn on the Cob, 5" 1024 Carrot Sticks w/ Dip 1017	Black-Eyed Peas 1066E Seasoned Cabbage 1044E	Seasoned Green Beans 1044E Tossed Salad w/ Dressing 1126E	Straight Cut French Fries 1090E Creamy Cole Slaw 1116E	Whole Kernel Corn 1031E Pinto Beans 912
FRUIT	Chilled Peach Slices 1274E Fresh Grapes 1226E	Chilled Peach Slices 1274E Watermelon Chunks 1238E	Pineapple Tidbits 1286E Fresh Strawberries 1292E	Fresh Oranges 1268 Fruit Juice Variety 1299	Hot Cinnamon Apples 1208E Fresh Bananas 1220
GRAIN/BREAD		Central MS Cornbread 1304 Rice 1344	Yeast Roll 1358 Macaroni and Cheese 1338		
DESSERT	Vanilla Pudding 1499			Chocolate Chip Cookie, Purchased 1446	
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Ketchup Hot Pepper Sauce Brown Gravy		Ketchup Mustard Mayonnaise (FF)	Taco Sauce Ketchup Mayonnaise (FF) Mustard

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ELEMENTARY MENU - 2 CHOICES - WEEK 4

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	664		Iron	4.01	Mg	Protein	30.39	G	Percent ⇒	Protein	%
Cholesterol	72	Mg	Calcium	506.15	Mg	Carbohydrates	84.73	G	Of ⇒	Carbohydrates	%
Sodium	1737	Mg	Vitamin A	798	RE	Total Fat	20.03	G	Calories ⇒	Total Fat	%
Dietary Fiber	7.06	G	Vitamin C	42.56	Mg	Saturated Fat	6.95	G	From ⇒	Saturated Fat	%

MS CYCLES II

ELEMENTARY MENU - 3 CHOICES - WEEK 1

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Chef Salad 601E Turkey and Cheese on Bun 796	Baked Chicken Nuggets 532 Chef Salad 601E BBQ Rib Sandwich, Brush 720	Spaghetti w/ Meat Sauce 178 Tuna Salad Salad 634 Loaded Baked Potato 559	Ham and Cheese on Bun 768 Chef Salad 601E Baked Lemon Pepper Chicken 504	Taco Salad w/ Chips 626 Grilled Chicken Sandwich 764
VEGETABLE	Tossed Salad w/ Dressing 1126E Whole Kernel Corn 1031E	Mashed Potatoes 1078E Broccoli w/ Cheese Sauce 1012E	Seasoned Green Beans 1044E Carrot Sticks w/ Dip 1017	Crinkle Cut French Fries 1088E California Veggies 1054E	Pinto Beans 912 Whole Kernel Corn 1031E
FRUIT	Chilled Peach Slices 1274E Fresh Apple 1206	Pear and Kiwi Medley 1256 Fresh Orange Wedge 1270E	Chilled Pears 1284 Frozen Fruit Juice Bar 1299V	Pineapple Tidbits 1286E Assorted Fresh Fruit?	Rosy Applesauce 1212E Fresh Bananas 1220
GRAIN/BREAD		Yeast Rolls 1358	Garlic Bread 1322	Wheat Roll 1353	
DESSERT	Chocolate Chip Cookie, Purchased 1446	Assorted Gelatin 1494		Peanut Butter Chews 1466	
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Mayonnaise	Ketchup Variety Dipping Sauce Hot Sauce Brown Gravy		Ketchup Mustard Mayonnaise (FF)	Taco Sauce Ketchup Mustard Mayonnaise

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ELEMENTARY MENU - *3 CHOICES - WEEK 1*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	705		Iron	4.64	Mg	Protein	31.55	G	Percent ⇒	Protein	17.91%
Cholesterol	70	Mg	Calcium	499.84	Mg	Carbohydrates	94.68	G	Of ⇒	Carbohydrates	53.74%
Sodium	1601	Mg	Vitamin A	877	RE	Total Fat	21.07	G	Calories ⇒	Total Fat	26.91%
Dietary Fiber	7.95	G	Vitamin C	57.91	Mg	Saturated Fat	7.67	G	From ⇒	Saturated Fat	9.79%

MS CYCLES II

ELEMENTARY MENU - 3 CHOICES - WEEK 2

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Chicken Patty Sandwich 732? Tuna Salad Salad 634 Chili Cheese Corn Chips 128	Pizza 306 Chef Salad 601 Chicken Salad Sandwich 736	Cheesy Chicken w/ Rice 516 Chef Salad 601 Meatloaf 160	Italian Rotini 148 Chef Salad 601 Baked Seasoned Chicken 508	BBQ Pulled Pork Burger 718 Baked Corn Dog Nuggets 406
VEGETABLE	Crinkle Cut French Fries 1088E California Veggies 1054E	Whole Kernel Corn 1031E Tossed Salad w/ Dressing 1126E	Baked Sweet Potato 1076 Steamed Broccoli Spears 1014E	Green Peas 1070E Garden Salad w/ Dressing 1118E	Creamy Coleslaw 1116E Baked Beans 1000E
FRUIT	Fruit Juice 1299 Banana Berry Blend 1224E	Pineapple Tidbits 1286E Apple Delicious 1200	Chilled Peach Slices 1274 Fresh Bananas 1220	Hot Cinnamon Apples 1208E Fresh Oranges 1268	Chilled Pears 1282E Fresh Fruit Bowl 1244
GRAIN/BREAD			Yeast Rolls 1358	Texas Toast 1350	
DESSERT	Chocolate Pudding 1497				Brownies 1440
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Mayonnaise (FF)				Ketchup Mustard

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ELEMENTARY MENU - *3 CHOICES - WEEK 2*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	691		Iron	4.39	Mg	Protein	31.70	G	Percent ⇒	Protein	31.70%
Cholesterol	78	Mg	Calcium	498.09	Mg	Carbohydrates	91.29	G	Of ⇒	Carbohydrates	91.29%
Sodium	1455	Mg	Vitamin A	615	RE	Total Fat	21.17	G	Calories ⇒	Total Fat	21.17%
Dietary Fiber	7.39	G	Vitamin C	45.98	Mg	Saturated Fat	7.43	G	From ⇒	Saturated Fat	7.43%

MS CYCLES II

ELEMENTARY MENU - 3 CHOICES - WEEK 3

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Chef Salad 601 Chicken Spaghetti 542	Baked Fish Nuggets 202 Taco Soup 812 Chef Salad 601	Fried Chicken 552 Hamburger Steak A w/ Gravy 144? Chef Salad 601	Turkey on Bun 796A Macaroni and Cheese w/ Ham Slice 412 Chef Salad 601	Hamburger 775 Huntington Chicken 558
VEGETABLE	Green Peas 1070E Broccoli Salad (Ranch) 1106E	Creamy Coleslaw 1116E Southern Greens 1046E	Mashed Potatoes 1078E Mixed Vegetables 1060E	Quick Baked Potato 1084 Tossed Salad w/ Dressing 1126E	Baked Spicy Fries 1100E Raw Veggies w/ Dip 1124E
FRUIT	Apricots 1218 Fresh Pears 1280	Mandarin Fruit Cup 1254E Fresh Plums 1288	Fruit Juice 1299 Chilled Peach Slices 1274E	Blushing Chilled Pears 1276E Fresh Fruit Bowl 1244	Rosy Applesauce 1212E Fresh Grapes 1226E
GRAIN/BREAD	French Bread 1320	Northern MS Cornbread 1310?	Yeast Rolls 1358	Yeast Rolls 1358	Yeast Rolls, Purchased 1366
DESSERT				Assorted Gelatin 1494	Yellow Cake w/ Chocolate Frosting?
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Ketchup Tartar Sauce Hot Sauce	Ketchup Brown Gravy	Ketchup Mustard Mayonnaise	Ketchup Mustard Mayonnaise

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ELEMENTARY MENU - *3 CHOICES - WEEK 3*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	717		Iron	4.24	Mg	Protein	31.57	G	Percent ⇒	Protein	17.61%
Cholesterol	59	Mg	Calcium	508.83	Mg	Carbohydrates	96.15	G	Of ⇒	Carbohydrates	53.63%
Sodium	1791	Mg	Vitamin A	476	RE	Total Fat	21.54	G	Calories ⇒	Total Fat	27.03%
Dietary Fiber	6.76	G	Vitamin C	43.08	Mg	Saturated Fat	7.69	G	From ⇒	Saturated Fat	9.65%

MS CYCLES II

ELEMENTARY MENU - 3 CHOICES - WEEK 4

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Ham and Cheese Wrap 772 Chef Salad 601	Salisbury Steak w/ Gravy 172 Baked Chicken Nuggets 532 Chef Salad 601	BBQ Chicken 512 Lasagna? Chef Salad 601	Grilled Chicken Sandwich 764 Cheesy Breadsticks w/ 122 Tuna Salad Salad 634	Nachos Grande 168 Turkey and Cheese on Bun 796
VEGETABLE	Corn on the Cob, 5" 1024 Carrot Sticks w/ Dip 1017	Black-Eyed Peas 1066E Seasoned Cabbage 1016E	Seasoned Green Beans 1044E Tossed Salad w/ Dressing 1126E	Straight Cut French Fries 1090E Creamy Coleslaw 1116E	Whole Kernel Corn 1031E Pinto Beans 912
FRUIT	Chilled Peach Slices 1274E Fresh Grapes 1226E	Watermelon Chunks 1238E Chilled Peach Slices 1274E	Pineapple Tidbits 1286E Fresh Strawberries 1292E	Fresh Oranges 1268 Fresh Banana 1220	Hot Cinnamon Apples 1208E Fruit Juice 1299
GRAIN/BREAD		Central MS Cornbread 1304 Rice 1344	Yeast Rolls 1358 Macaroni and Cheese 1338		
DESSERT	Vanilla Pudding 1499			Chocolate Chip Cookie, Purchased 1446	
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Brown Gravy Ketchup Variety Dipping Sauces Hot Sauce		Ketchup Mustard Mayonnaise	Taco Sauce Ketchup Mustard Mayonnaise

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ELEMENTARY MENU - *3 CHOICES - WEEK 4*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	690		Iron	4.13	Mg	Protein	31.01	G	Percent ⇒	Protein	17.99%
Cholesterol	76	Mg	Calcium	523.18	Mg	Carbohydrates	88.76	G	Of ⇒	Carbohydrates	88.76%
Sodium	1732	Mg	Vitamin A	795	RE	Total Fat	21.72	G	Calories ⇒	Total Fat	21.72%
Dietary Fiber	6.73	G	Vitamin C	40.14	Mg	Saturated Fat	7.43	G	From ⇒	Saturated Fat	7.43%

MS CYCLES II

SECONDARY MENU - 4 CHOICES - WEEK 1

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Turkey and Cheese on Bun 796 Beef Tips over Noodles 112 Chef Salad 600	Baked Chicken Nuggets 532 BBQ Rib Sandwich, Brush 720 John Wayne Casserole 150 Chef Salad 600	Spaghetti w/ Meat Sauce 178 Loaded Baked Potato 559 Spicy Chicken Patty Sandwich 792 Tuna Salad Salad 634	Ham and Turkey Cheese Sub 774 Baked Lemon Pepper Chicken 504 Red Beans and Rice w/ 416 Chef Salad 600	Taco Salad w/ Chips 626 Grilled Chicken Sandwich 764 Ranch Parmesan Pasta Chicken 562 Chef Salad 600
VEGETABLE	Tossed Salad w/ Dressing 1126E Mixed Vegetables 1060E Whole Kernel Corn 1031E	Mashed Potatoes 1078 Broccoli w/ Cheese Sauce 1012 Steamed Carrot Coins 1022	Seasoned Green Beans 1044 Carrot Sticks w/ Dip 1017 Straight Cut French Fries 1090	Crinkle Cut French Fries 1088 California Veggies 1054 Corn on the Cob, 5" 1024	Pinto Beans 912 Whole Kernel Corn 1031 Garden Salad w/ Dressing 1118
FRUIT	Chilled Peach Slices 1274E Fresh Apple 1206 Fruit Juice 1299	Pear & Kiwi Medley 1256 Hot Cinnamon Apples 1208 Fresh Grapes 1070	Chilled Pears 1282 Orange Wedges 1270 Frozen Fruit Juice Bars 1299V	Pineapple Tidbits 1286 Fresh Fruit Bowl 1244 Mandarin Fruit Cup 1254	Rosy Applesauce 1212 Fresh Bananas 1220 Apple and Orange Wedges 1240
GRAIN/BREAD	Yeast Rolls 1358 Saltine Crackers	Yeast Rolls 1358 Saltine Crackers	Garlic Bread 1322 Saltine Crackers	Wheat Rolls 1358 Saltine Crackers	Yeast Rolls, Purchased 1266 Saltine Crackers
DESSERT	Chocolate Chip Cookie, Purchased 1446	Assorted Gelatin 1494		Peanut Butter Chews 1466	
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Mayonnaise	Ketchup Variety Dipping Sauces Hot Sauce Brown Gravy	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF) Taco Sauce

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SECONDARY MENU - 4 CHOICES - WEEK 1

Average Daily Nutrients per Week

*Denotes Missing Nutrient Values

Calories	871		Iron	5.14	Mg	Protein	33.07	G	Percent ⇒	Protein	15.19%
Cholesterol	91	Mg	Calcium	480.17	Mg	Carbohydrates	103.43	G	Of ⇒	Carbohydrates	103.43%
Sodium	2034	Mg	Vitamin A	891	RE	Total Fat	26.73	G	Calories ⇒	Total Fat	26.62%
Dietary Fiber	8.92	G	Vitamin C	54.09	Mg	Saturated Fat	7.97	G	From ⇒	Saturated Fat	7.97%

MS CYCLES II

SECONDARY MENU - 4 CHOICES - WEEK 2

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Chicken Patty Sandwich 732? Tuna Salad Salad 634 Chili Cheese Fritos 128 Turkey Cheese Wrap 798	Pizza 306 Chicken Salad Sandwich 736 Cheeseburger Pie 120 Chef Salad 600	Cheesy Chicken w/ Rice 516 Meatloaf 160 American Sub Sandwich 700 Chef Salad 600	Italian Rotini Casserole 148 Baked Seasoned Chicken 508 Roast Beef Sub Sandwich 788 Chef Salad 600	BBQ Pulled Pork Burger 718 Baked Corn Dog Nuggets? Chili Con Carne w/o Beans 132 Grilled Cheese Sandwich 762 Chicken Tenders Salad 614
VEGETABLE	Crinkle Cut French Fries 1088 California Veggies 1054 Corn on the Cob, 5" 1024	Whole Kernel Corn 1031 Tossed Salad w/ Dressing 1126 Seasoned Green Beans 1044	Baked Sweet Potato 1076 Steamed Broccoli Spears 1014 Baked Spicy Fries 1100	Green Peas 1070 Garden Salad w/ Dressing 1118 Crinkle Cut French Fries 1088	Creamy Coleslaw 1116 Baked Beans 1002 Baked Potato 1074
FRUIT	Fruit Juice 1299 Banana Berry Blend 1224 Fresh Nectarines 1266	Pineapple Tidbits 1286 Rosy Applesauce 1212 Fresh Grapes 1226	Chilled Peach Slices 1274 Fresh Bananas 1220 Fresh Apple 1206	Hot Cinnamon Apples 1208 Fruit Cocktail 1248 Fresh Oranges 1268	Chilled Pears 1282 Fresh Fruit Bowl 1244 Waldorf Fruit Salad 1262
GRAIN/BREAD	Saltine Crackers	Saltine Crackers	Whole Wheat Rolls 1353 Saltine Crackers	Yeast Rolls 1358 Saltine Crackers	Yeast Rolls-2 1360 Saltine Crackers
DESSERT	Chocolate Pudding 1497		Fruit Cobbler 1492		Brownies 1440
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Mayonnaise (FF)		Ketchup Mustard Mayonnaise (FF)		Ketchup Mustard Variety Dipping Sauces

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SECONDARY *MENU - 4 CHOICES - WEEK 2*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	875		Iron	4.87	Mg	Protein	33.37	G	Percent ⇒	Protein	15.26%
Cholesterol	89	Mg	Calcium	504.43	Mg	Carbohydrates	106.81	G	Of ⇒	Carbohydrates	48.84%
Sodium	1958	Mg	Vitamin A	554	RE	Total Fat	26.74	G	Calories ⇒	Total Fat	27.50%
Dietary Fiber	8.97	G	Vitamin C	43.25	Mg	Saturated Fat	8.07	G	From ⇒	Saturated Fat	8.30%

MS CYCLES II

SECONDARY MENU - 4 CHOICES - WEEK 3

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Chicken Spaghetti 542 Philly Steak Sandwich on Texas Toast 782 Chef Salad 600	Baked Fish Nuggets 202 Chef Salad 600 Southwestern Chicken Sandwich 791 Taco Soup 812	Fried Chicken 552 Chef Salad 600 Hamburger Steak A w/ Gravy 144? Chili Dog 742	Turkey and Cheese on Bun 796 Macaroni and Cheese w/ Ham Slice 412 Mexican Burrito, Purchased 166? Chef Salad 600	Hamburger 775 Huntington Chicken 558 Chef Salad 600 Stromboli Supreme 418
VEGETABLE	Green Peas 1070 Broccoli Salad (Ranch) 1106 Whole Kernel Corn 1031	Creamy Coleslaw 1116 Southern Greens 1046 Baked Potato Rounds 1095	Mashed Potatoes 1078 Mixed Vegetables 1060 Garden Salad w/ Dressing 1118	Quick Baked Potato 1084 Pinto Beans 912 Tossed Salad w/ Dressing 1126	Baked Spicy Fries 1100 Lima Beans 1004 Raw Veggies w/ Dip 1124
FRUIT	Apricots 1218 Fresh Pears 1280 Fresh Bananas 1220	Mandarin Fruit Cup 1254 Fresh Plums 1288 Tropical Apples 1216	Fruit Juice 1299 Chilled Peach Slices 1274 Fresh Strawberries 1292	Blushing Chilled Pears 1276 Kiwi Wedges 1228E? Fresh Fruit Bowl 1244	Applesauce 1204 Fresh Melon Cubes 1234 Fresh Grapes 1226
GRAIN/BREAD	French Bread 1320 Saltine Crackers	Northern MS Cornbread 1310? Saltine Crackers	Yeast Rolls 1358 Saltine Crackers	Yeast Rolls, Purchased 1366 Saltine Crackers	Yeast Rolls-3 1364 Saltine Crackers
DESSERT	Sugar Cookies, Purchased 1484			Assorted Gelatin 1494	Yellow Cake w/ Chocolate Frosting?
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Ketchup Tartar Sauce Hot Sauce	Ketchup Brown Gravy	Ketchup Mustard Mayonnaise (FF) Taco Sauce	Ketchup Mustard Mayonnaise (FF)

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SECONDARY MENU - 4 CHOICES - WEEK 3

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	879		Iron	4.77	Mg	Protein	33.33	G	Percent ⇒	Protein	15.17%
Cholesterol	85	Mg	Calcium	498.59	Mg	Carbohydrates	105.73	G	Of ⇒	Carbohydrates	48.13%
Sodium	2201	Mg	Vitamin A	482	RE	Total Fat	26.69	G	Calories ⇒	Total Fat	27.34%
Dietary Fiber	8.54	G	Vitamin C	51.11	Mg	Saturated Fat	7.95	G	From ⇒	Saturated Fat	8.14%

MS CYCLES II

SECONDARY MENU - 4 CHOICES - WEEK 4

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Ham and Cheese Wrap 772 Mexican Beef Pie 162 Chef Salad 600	Salisbury Steak w/ Gravy 172 Baked Chicken Nuggets 532 Ham & Cheese on Bun 768 Fruit & Yogurt Salad 619	BBQ Chicken 512 Fish Sandwich w/ Cheese 754 Lasagna 164 Chef Salad 600	Chicken Fajitas 528 Cheesy Breadsticks w/ Chili 122 Tuna Salad Salad 634 BBQ Pulled Pork Burger 718	Nachos Grande 168 Turkey and Cheese Sandwich 797 Loaded Baked Potato 559 Chef Salad 600
VEGETABLE	Mixed Vegetables 1060 Corn on the Cob 5" 1024 Carrot Sticks w/ Dip 1017	Black-Eyed Peas 1066 Seasoned Cabbage 1016 Straight Cut French Fries	Seasoned Green Beans 1044 Tossed Salad w/ Dressing 1126 Baked Spicy Fries 1100	Crinkle Cut French Fries 1088 Black Bean Salad 1104 Creamy Cole Slaw 1116	Garden Salad w/ Dressing 1118 Whole Kernel Corn 1031 Pinto Beans 912
FRUIT	Fruit Juice 1299 Chilled Peach Slices 1274 Fresh Grapes 1226	Chilled Peach Slices 1274 Pear Salad 1284 Watermelon Chunks 1238	Pineapple Tidbits 1286 Fresh Strawberries 1292 Fruit Juice 1299	Fresh Oranges 1268 Fruit Juice 1299 Fresh Bananas 1220	Hot Cinnamon Apples 1208 Fresh Cantaloupe Cubes 1232 Fresh Fruit Cup 1250
GRAIN/BREAD	Texas Toast 1350 Saltine Crackers	Central MS Cornbread 1304 Rice 1344 Saltine Crackers	Yeast Rolls 1358 Macaroni & Cheese 1338 Saltine Crackers	Saltine Crackers	Whole Wheat Roll Saltine Crackers
DESSERT	Vanilla Pudding 1499			Chocolate Chip Cookie, Purchased 1446	Texas Cake 1426
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS		Ketchup Hot Sauce Brown Gravy Variety Dipping Sauces	Ketchup Hot Sauce Tartar Sauce Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF) Taco Sauce	Ketchup Relish Mustard Taco Sauce Mayonnaise (FF)

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SECONDARY *MENU - 4 CHOICES - WEEK 4*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	903		Iron	4.70	Mg	Protein	33.00	G	Percent ⇒	Protein	14.61%
Cholesterol	95	Mg	Calcium	530.19	Mg	Carbohydrates	108.40	G	Of ⇒	Carbohydrates	48.00%
Sodium	2176	Mg	Vitamin A	697	RE	Total Fat	28.33	G	Calories ⇒	Total Fat	28.23%
Dietary Fiber	7.78	G	Vitamin C	42.36	Mg	Saturated Fat	8.08	G	From ⇒	Saturated Fat	8.05%

MS CYCLES II

SECONDARY MENU - 6 CHOICES - WEEK 4

WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Ham and Cheese Wrap 772 Mexican Beef Pie 162 Hamburger 775? Chicken Patty Sandwich? Chef Salad 600	Salisbury Steak w/ Gravy 172 Baked Chicken Nuggets 532 Ham & Cheese on Bun 768 Texas Grilled Cheese Sandwich 793 Turkey ,on Bun 796A Fruit/Yogurt Salad 619	BBQ Chicken 512 Fish Sandwich w/ Cheese 754 Lasagna 154 Hamburger 775 Ham and Cheese on Bun 768 Chef Salad 600	Chicken Fajitas 528 Cheesy Breadsticks w/ Chili 122 BBQ Pulled Pork 718 Grilled Chicken Sandwich 764 Roast Beef Pita 787 Tuna Salad Salad 634	Nachos Grande 168 Hot Dog 778 Loaded Baked Potato 559 Hamburger 775 Turkey and Cheese on Sandwich 797 Chef Salad 600
VEGETABLE	Mixed Vegetables 1060 Corn on the Cob 5" 1024 Carrot Sticks w/ Dip 1017	Black-Eyed Peas 1066 Seasoned Cabbage 1016 Straight Cut French Fries	Seasoned Green Beans 1044 Tossed Salad 1126 Baked Spicy Fries 1100	Crinkle Cut Fries 1088 Black Bean Salad 1104 Creamy Coleslaw 1116	Garden Salad w/ Dressing 1118 Whole Kernel Corn 1031 Pinto Beans 912
FRUIT	Fruit Juice 1299 Peach Slices 1274 Fresh Grapes 1226	Peach Slices 1274 Pear Salad 1284 Watermelon Chunks 1238	Pineapple Tidbits 1286 Fresh Strawberries 1292 Fruit Juice 1299	Fresh Oranges 1268 Fruit Juice 1299 Fresh Bananas 1220	Hot Cinnamon Apples 1208 Fresh Cantaloupe Cubes 1232 Fresh Fruit Cup 1250
GRAIN/BREAD	Texas Toast Saltine Crackers	Central MS Cornbread 1304 Rice 1344 Saltine Crackers	Yeast Rolls, Purchased 1366 Macaroni & Cheese 1338 Saltine Crackers	Saltine Crackers	Whole Wheat Rolls 1353 Saltine Crackers
DESSERT	Vanilla Pudding 1499			Chocolate Chip Cookie, Purchased 1146	Texas Cake 1426
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Mayonnaise (FF)	Ketchup Hot Sauce Mustard Brown Gravy Mayonnaise (FF) Variety Dipping Sauces	Ketchup Hot Sauce Mustard Mayonnaise (FF) Tartar Sauce	Ketchup Mustard Mayonnaise (FF) Taco Sauce	Ketchup Relish Mustard Mayonnaise (FF) Taco Sauce

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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SECONDARY *MENU - 6 CHOICES - WEEK 4*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	891		Iron	4.71	Mg	Protein	32.14	G	Percent ⇒	Protein	14.43%
Cholesterol	85	Mg	Calcium	519.04	Mg	Carbohydrates	108.32	G	Of ⇒	Carbohydrates	48.64%
Sodium	2151	Mg	Vitamin A	682	RE	Total Fat	27.91	G	Calories ⇒	Total Fat	28.20%
Dietary Fiber	7.59	G	Vitamin C	40.09	Mg	Saturated Fat	8.23	G	From ⇒	Saturated Fat	8.32%

MS CYCLES II

SECONDARY MENU - 6 CHOICES - WEEK 1

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Baked Fish Sandwich 750 Beef Tips over Noodles 112 Chicken Patty Sandwich 732 Turkey and Cheese on Bun 796 Chef Salad 600	Baked Chicken Nuggets 532 BBQ Rib Sandwich, Brush 720 John Wayne Casserole 150 Ham & Cheese on Bun 768 Hamburger 775 Chef Salad 600	Spaghetti w/ Meat Sauce 178 Loaded Baked Potato 559 Turkey and Cheese on Bun 796 Cheeseburger 728 Spicy Chicken Patty Sandwich 792 Tuna Salad Salad 634	Ham and Turkey Cheese 774 Baked Lemon Pepper Chicken 504 Southwestern Chicken Sandwich 791 Hot Dog 778 Red Beans and Rice w/ Sausage 416 Chef Salad 600	Taco Salad w/ Chips 626 Steak Fingers? Ranch Parmesan Pasta Chicken 562 Ham and Cheese Wrap 772 Grilled Chicken Sandwich 764 Chef Salad 600
VEGETABLE	Tossed Salad w/ Dressing 1126 Mixed Vegetables 1060 Whole Kernel Corn 1031	Mashed Potatoes 1078 Broccoli w/ Cheese Sauce 1012 Steamed Carrot Coins 1022	Seasoned Green Beans 1044 Carrot Sticks w/ Dip 1017 Straight Cut Fries 1090	Crinkle Cut Fries 1088 California Veggies 1054 Corn on the Cob 5" 1024	Pinto Beans 912 Garden Salad w/ Dressing 1118 Whole Kernel Corn 1031
FRUIT	Peach Slices 1274 Fresh Apple 1206 Fruit Juice 1299	Pear & Kiwi Medley 1256 Hot Cinnamon Apples 1208 Orange Wedges 1270	Chilled Pears 1282 Fresh Grapes1226 Frozen Fruit Juice Bars 1299V	Pineapple Tidbits 1286 Fresh Fruit Bowl 1244 Mandarin Fruit Cup 1254	Rosy Applesauce 1212 Fresh Bananas 1220 Apple and Orange Wedges 1240
GRAIN/BREAD	Yeast Rolls 1358 Saltine Crackers	Yeast Rolls 1358 Saltine Crackers	Garlic Bread 1322 Saltine Crackers	Wheat Rolls 1353 Saltine Crackers	Yeast Rolls 1366 Saltine Crackers
DESSERT	Chocolate Chip Cookie, Purchased 1446	Assorted Gelatin 1494		Peanut Butter Chews 1466	
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Tartar Sauce Mayonnaise (FF)	Ketchup Hot Sauce Mustard Mayonnaise (FF) Brown Gravy Variety Dipping Sauces	Ketchup Mustard Mayonnaise (FF) Variety Dipping Sauces	Ketchup Relish Mustard Mayonnaise (FF) Pickle Spears	Ketchup Mustard Mayonnaise (FF) Taco Sauce

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SECONDARY MENU - *6 CHOICES - WEEK 1*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	855		Iron	4.88	Mg	Protein	31.62	G	Percent ⇒	Protein	14.80%
Cholesterol	80	Mg	Calcium	477.31	Mg	Carbohydrates	102.04	G	Of ⇒	Carbohydrates	47.76%
Sodium	2011	Mg	Vitamin A	850	RE	Total Fat	26.82	G	Calories ⇒	Total Fat	28.25%
Dietary Fiber	8.43	G	Vitamin C	51.07	Mg	Saturated Fat	7.93	G	From ⇒	Saturated Fat	8.36%

MS CYCLES II

SECONDARY MENU - 6 CHOICES - WEEK 3

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Pizza 306 Chicken Spaghetti 542 Philly Steak Sandwich on Texas Toast 782 Hamburger 775 Turkey and Cheese on Bun 796 Chef Salad 600	Baked Fish Nuggets 202 Southwestern Chicken Sandwich 791 Ham and Cheese on Bun 768 Cheeseburger 728 Taco Soup 812 Chef Salad 600	Fried Chicken 552 Hamburger Steak A w/ Gravy 144? BBQ Chicken Sandwich 714 Turkey on Bun 796A Chili Dog 742 Chef Salad 600	Tuna Caesar Wrap 794 Macaroni and Cheese w/ Ham Slice 412 Mexican Burrito, Purchased 166 Hamburger 775 Chicken Patty Sandwich? Chef Salad 600	Hamburger 775 Huntington Chicken 558 Stromboli Supreme 418 Spicy Chicken Patty Sandwich 792 Turkey and Cheese on Bun 796 Chef Salad 600
VEGETABLE	Green Peas 1070 Broccoli Salad 1108 Whole Kernel Corn 1031	Creamy Coleslaw 1116 Southern Greens 1046 Baked Potato Rounds 1095	Mashed Potatoes 1078 Mixed Vegetables 1060 Garden Salad w/ Dressing 1118	Quick Baked Potato 1084 Pinto Beans 912 Tossed Salad w/ Dressing 1126	Baked Spicy Fries 1100 Lima Beans 1004 Raw Veggies w/ Dip 1124
FRUIT	Apricots 1218 Fresh Pears 1280 Fresh Bananas 1220	Mandarin Fruit Cup 1254 Fresh Plums 1288 Tropical Apples 1216	Fruit Juice 1299 Peach Slices 1274 Fresh Strawberries 1292	Blushing Chilled Pears 1276 Kiwi Wedges 1228 Fresh Fruit Bowl 1244	Applesauce 1204 Fresh Melon Cubes 1234 Fresh Grapes 1226
GRAIN/BREAD	French Bread 1320 Saltine Crackers	Northern MS Cornbread 1310? Saltine Crackers	Yeast Rolls 1358 Saltine Crackers	Whole Wheat Rolls 1358 Saltine Crackers	Yeast Rolls-3 1364 Saltine Crackers
DESSERT	Sugar Cookie, Purchased 1484			Assorted Gelatin 1494	Yellow Cake w/ Chocolate Frosting?
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF) Tartar Sauce Hot Sauce	Ketchup Mustard Mayonnaise (FF) Brown Gravy	Ketchup Mustard Mayonnaise (FF) Taco Sauce Salsa	Ketchup Mustard Mayonnaise (FF)

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SECONDARY *MENU - 6 CHOICES - WEEK 3*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	885		Iron	4.89	Mg	Protein	32.65	G	Percent ⇒	Protein	14.75%
Cholesterol	75	Mg	Calcium	502.36	Mg	Carbohydrates	109.52	G	Of ⇒	Carbohydrates	49.48%
Sodium	2157	Mg	Vitamin A	471	RE	Total Fat	26.37	G	Calories ⇒	Total Fat	26.80%
Dietary Fiber	8.74	G	Vitamin C	49.80	Mg	Saturated Fat	7.87	G	From ⇒	Saturated Fat	8.00%

MS CYCLES II

SECONDARY MENU - 6 CHOICES - WEEK 2

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/MEAT ALTERNATE	Chicken Patty Sandwich 732 Tuna Salad Salad 634 Chili Cheese Fritos 128 Mexican Pizza 306 Ham and Cheese on Bun 768 Turkey and Cheese Wrap 798	Pizza 306 Chicken Salad Sandwich 736 Cheeseburger Pie 120 BBQ Rib Sandwich, Brush 720 Hamburger 775 Chef Salad 600	Cheesy Chicken w/ Rice 516 Meatloaf 160 American Sub Sandwich 700 Cheeseburger 728 Spicy Chicken Patty Sandwich 792 Chef Salad 600	Italian Rotini Casserole 148 Baked Seasoned Chicken 508 Roast Beef Sub 788 Ham/Cheese on Bun 768 Tomato Stuffed Tuna Salad 632 Chef Salad 600	BBQ Pulled Pork Burger 718 Baked Corn Dog Nuggets? Chili Con Carne 132 Grilled Cheese Sandwich 762 Pizza 306 Grilled Chicken Sandwich 764 Chicken Tenders Salad 614
VEGETABLE	Crinkle Cut Fries 1088 California Veggies 1054 Corn on the Cob 5" 1024	Whole Kernel Corn 1031 Tossed Salad w/ Dressing 1126 Seasoned Green Beans 1044	Baked Sweet Potato 1076 Steamed Broccoli Spears 1014 Baked Spicy Fries 1100	Green Peas 1070 Garden Salad w/ Dressing 1118 Crinkle Cut Fries 1088	Creamy Coleslaw 1116 Baked Beans, Seasoning Mix 1002 Baked Potato 1074
FRUIT	Fruit Juice 1299 Banana Berry Blend 1224 Fresh Nectarines 1266	Pineapple Tidbits 1286 Rosy Applesauce 1212 Fresh Grapes 1226	Peach Slices 1274 Fresh Bananas 1220 Fresh Apple 1206	Hot Cinnamon Apples 1208 Fruit Cocktail 1248 Fresh Oranges 1268	Chilled Pears 1284 Fresh Fruit Bowl 1244 Waldorf Fruit Salad 1262
GRAIN/BREAD	Saltine Crackers	Saltine Crackers	Whole Wheat Rolls 1353 Saltine Crackers	Yeast Rolls 1358 Saltine Crackers	Saltine Crackers
DESSERT	Chocolate Pudding 1497		Fruit Cobbler 1492		Brownies 1440
MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK	VARIETY OF MILK
CONDIMENTS	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF)	Ketchup Mustard Mayonnaise (FF)

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SECONDARY *MENU - 6 CHOICES - WEEK 2*

Average Daily Nutrients per Week

***Denotes Missing Nutrient Values**

Calories	860		Iron	4.76	Mg	Protein	32.30	G	Percent ⇒	Protein	15.02%
Cholesterol	76	Mg	Calcium	587.23	Mg	Carbohydrates	105.89	G	Of ⇒	Carbohydrates	49.24%
Sodium	1941	Mg	Vitamin A	535	RE	Total Fat	25.89	G	Calories ⇒	Total Fat	27.09%
Dietary Fiber	8.72	G	Vitamin C	41.34	Mg	Saturated Fat	7.73	G	From ⇒	Saturated Fat	8.09%