HEALTHY, HUNGER-FREE KIDS ACT OF 2010

Before/After Elementary School Lunch Menu

Monday

BEFORE

Bean and cheese burrito (5.3 oz)
with mozzarella cheese (1 oz)
Applesauce (1/4 cup)
Orange Juice (4 oz)
2% Milk (8 oz)

AFTER

Submarine Sandwich
(1 oz turkey, .5 oz low-fat cheese)
on Whole Wheat Roll
Refried Beans (1/2 cup)
Jicama (1/4 cup)
Green Pepper Strips (1/4 cup)
Cantaloupe wedges, raw (1/2 cup)
Skim Milk (8oz)
Mustard (9 grams)
Reduced fat mayonnaise (1oz)
Low Fat Ranch Dip (1 oz)

Tuesday

BEFORE

Hot dog on bun (3 oz)
with ketchup (4 T)
Canned Pears (1/4 cup)
Raw Celery and Carrots
(1/8 cup each)
with ranch dressing (1.75 T)
Low-fat (1%) Chocolate Milk (8 oz)

AFTER

Whole Wheat Spaghetti
with Meat Sauce (1/2 cup)
and Whole Wheat Roll
Green Beans, cooked (1/2 cup)
Broccoli (1/2 cup)
Cauliflower (1/2 cup)
Kiwi Halves, raw (1/2 cup)
Low-fat (1%) Milk (8 oz)
Low Fat Ranch Dip (1 oz)
Soft Margarine (5 g)

Wednesday

BEFORE

Pizza sticks (3.8 oz)
with marinara sauce (1.4 cup)
Banana
Raisins (1 oz)
Whole Milk (8 oz)

AFTER

Chef Salad
(1 cup romaine, .5 oz low-fat mozzarella,
1.5 oz grilled chicken) with Whole Wheat
Soft Pretzel (2.5 oz)
Corn, cooked (1/2 cup)
Baby Carrots, raw (1/4 cup)
Banana
Skim Chocolate Milk (8 oz)
Low Fat Ranch Dressing (1.5 oz)
Low Fat Italian Dressing (1.5 oz)

Thursday

BEFORE

Breaded beef patty (4 oz)
with ketchup (2 T)
Wheat roll (2 oz)
Frozen Fruit Juice Bar (2.4 oz)
2% Milk (8 oz)

AFTER

Oven-Baked Fish nuggets (2 oz)
with Whole Wheat Roll
Mashed Potatoes (1/2 cup)
Steamed Broccoli (1/2 cup)
Peaches
(canned, packed in juice – ½ cup)
Skim Milk (8 oz)
Tarter Sauce (1.5 oz)
Soft Margarine (5 g)

Friday

BEFORE

Cheese pizza (4.8 oz)
Canned Pineapple (1/4 cup)
Tater Tots (1/2 cup)
with ketchup (2 T)
Low-fat (1%) Chocolate Milk (8 oz)

AFTER

Whole Wheat Cheese Pizza
(1 slice)
Baked Sweet Potato Fries
(1/2 cup)
Grape tomatoes, raw (1/4 cup)
Applesauce (1/2 cup)
Low-fat (1%) Milk (8 oz)
Low Fat Ranch Dip (1 oz)

Comparison of Current NSLP Elementary Meals vs. Proposed Elementary Meals