

Sample Lunch Menu Meeting HealthierUS Challenge Requirements				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAY 1:</b> Barbecued Chicken Baked Beans <sup>C</sup> Fresh Strawberry Spinach Salad <sup>A B D</sup> Italian Dressing Whole Grain Cornbread <sup>F</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 2:</b> Turkey A la King Fresh Watermelon <sup>D E</sup> Fresh Cucumbers <sup>A</sup> Whole Grain Roll <sup>F</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 3:</b> WG Toasted Cheese Sandwich <sup>F</sup> Minestrone Soup Fresh Peach <sup>D E</sup> Fresh Green Beans <sup>A</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 4:</b> Hamburger on a WG Bun <sup>F</sup> Fresh Lettuce & Tomato <sup>B</sup> Macaroni Salad Sugar Snap Peas <sup>A</sup> Apple Slices <sup>D</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 5:</b> Pork and Veg. Stir Fry <sup>B</sup> Whole Grain Brown Rice <sup>F</sup> Celery Sticks <sup>A</sup> Tangerine <sup>D</sup> Fortune Cookies Low-Fat Milk <sup>G</sup>
<b>DAY 6:</b> Turkey Taco Salad <sup>B C</sup> Salsa Corn <sup>A</sup> Fresh Plums <sup>D</sup> Whole Grain Sugar Cookie <sup>F</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 7:</b> Mandarin Orange Chicken Brown Fried Rice <sup>F</sup> Broccoli <sup>A B</sup> Fresh Pineapple <sup>D E</sup> Cranberry Almond Cookie Low-Fat Milk <sup>G</sup>	<b>DAY 8:</b> Cheese Pizza Whole Grain Garlic Bread <sup>F</sup> Fresh Summer Squash <sup>A</sup> Fresh Kiwi <sup>D E</sup> Peach Cobbler Low-Fat Milk <sup>G</sup>	<b>DAY 9:</b> Beef Shepherds Pie Fresh Radishes and Celery <sup>A</sup> Ranch Dressing Apricots <sup>D</sup> Whole Grain Roll <sup>F</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 10:</b> Chicken and Noodles Whole Grain Bread <sup>F</sup> Fresh Strawberries <sup>D</sup> Carrot Sticks <sup>A B</sup> Crackers Low-Fat Milk <sup>G</sup>
<b>DAY 11:</b> Baked Potato Vegetable Chili Broccoli <sup>A B</sup> Pears <sup>D</sup> Whole Grain Cinnamon Roll <sup>F</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 12:</b> Chicken Fajitas on Whole Grain Tortilla Salsa Fresh Orange <sup>D E</sup> Refried Beans <sup>A C</sup> WG Oatmeal Raisin Cookie <sup>F</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 13:</b> Macaroni Carbonara Whole Grain Bread <sup>F</sup> Kiwi <sup>D E</sup> Fresh Cherry Tomatoes <sup>A</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 14:</b> Spaghetti and Meat Sauce Fresh Garden Salad <sup>A B</sup> Italian Dressing Cherries <sup>D</sup> Whole Grain Roll <sup>F</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 15:</b> Pulled Pork Sandwich on Whole Grain Roll <sup>F</sup> Fresh Acorn Squash <sup>A B</sup> Coleslaw Fresh Grapes <sup>D</sup> Low-Fat Milk <sup>G</sup>
<b>DAY 16:</b> Whole Grain Turkey w/Cheese Sandwich <sup>F</sup> Fresh Lettuce & Tomato <sup>B</sup> Bell Pepper Slices <sup>A</sup> Macaroni Salad Fresh Cantaloupe <sup>D</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 17:</b> Bean Burrito <sup>C</sup> Salsa Whole Grain Spanish Rice <sup>F</sup> Fresh Pear <sup>D E</sup> Mexicali Corn <sup>A</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 18:</b> Beef Lasagna Whole Grain Roll <sup>F</sup> Fresh Asparagus <sup>A</sup> Fresh Apple <sup>D E</sup> Low-Fat Milk <sup>G</sup>	<b>DAY 19:</b> Chicken and Vegetable Stir Fry <sup>B</sup> Brown Rice Pilaf <sup>F</sup> Fresh Sugar Snap Peas <sup>A</sup> Pineapple Chunks <sup>D</sup> Fortune Cookies Low-Fat Milk <sup>G</sup>	<b>DAY 20:</b> Sloppy Joes on Whole Grain Roll <sup>F</sup> Fresh Honeydew <sup>D</sup> Fresh Garden Salad <sup>A B</sup> Italian Dressing Royal Brownie Low-Fat Milk <sup>G</sup>

**KEY:**

A: Variety of Vegetables  
 B: Green and Orange Vegetables  
 C: Legumes  
 D: Variety of Fruit

E: Fresh Fruit  
 F: Whole Grains  
 G: Low Fat and Fat Free Milk