

Arthur Academy Lunch Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese Pizza	Turkey Sandwich on Whole Wheat Bread	Turkey Gravy w/ Mashed Potatoes	Yogurt Parfait and String Cheese	Chicken Burger
Meal Equivalent	1-meat 1-bread/grain	1-meat 1-bread/grain	1-meat 1-fruit/veg	1-meat 1-fruit/veg	1-meat 1-bread/grain
Sides	Apple Slices	Apple Cinammon Cup	Corn	Graham Crackers	Pineapple Cup
Meal Equivalent	1-fruit/veg	1-fruit/veg	1-fruit/veg	1-bread/grain	1-fruit/veg
Sides	Carrot Pouches	Wawona Fruit Single	Whole Wheat Roll	Whole Fruit	Apple Slices
Meal Equivalent	1-fruit/veg	1-fruit/veg	1-bread/grain	1-fruit/veg	1-fruit/veg
Milk	Fat Free Chocolate &/or 1% White Milk	Fat Free Chocolate &/or 1% White Milk	Fat Free Chocolate &/or 1% White Milk	Fat Free Chocolate &/or 1% White Milk	Fat Free Chocolate &/or 1% White Milk

To qualify as a reimbursible meal you must offer a serving of meat/meat alternative, a serving of bread/grain, two servings of vegetable/fruit, and a serving of fluid milk. **Offer vs. Serve** requires all items be offered but the student is required to take only three of the offerings.

Week 2	Chicken Nuggets w/ Rice	Turkey & Ham Sandwich on Whole Wheat Bread	Teriyaki Beef Dippers w/ Rice	Chef Salad	Hamburger
Meal Equivalent	1-meat 1-bread/grain	1-meat 1-bread/grain	1-meat 1-bread/grain	1-meat 2-fruit/veg	1-meat 1-bread/grain
Sides	Corn	Apple Cinammon Cup	Green Beans	Graham Crackers	Pineapple Cup
Meal Equivalent	1-fruit/veg	1-fruit/veg	1-fruit/veg	1-bread/grain	1-fruit/veg
Sides	Apple Slices	Wawona Fruit Single	Apple Slices	N/A	Apple Slices
Meal Equivalent	1-fruit/veg	1-fruit/veg	1-fruit/veg	N/A	1-fruit/veg
Milk	Fat Free Chocolate &/or 1% White Milk	Fat Free Chocolate &/or 1% White Milk	Fat Free Chocolate &/or 1% White Milk	Fat Free Chocolate &/or 1% White Milk	Fat Free Chocolate &/or 1% White Milk

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MEAL FOOD COMPONENTS

1. Meat/Meat Alternate (m/ma)
2. Vegetables/Fruits (v/f)
3. Grains/Breads (g/b)
4. Milk

FOOD ITEMS

1. Meat/Meat Alternate
2. One serving of Vegetables/Fruits
3. Another serving of Vegetables/Fruits
4. Grains/Breads
5. Milk