



the  
**School Day**  
just got  
**Healthier**  
United States Department of Agriculture



## 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 eq turkey, .5 oz eq low-fat cheese)  
on **Whole Wheat Roll** (2 oz eq)  
**Refried Beans** (1/2 cup)  
**Jicama** (1/4 cup)  
**Green Pepper Strips** (1/4 cup)  
**Cantaloupe wedges, raw** (1/2 cup)  
**Fat free/low fat (1%) Milk** (8 oz)  
**Mustard** (9 grams)  
**Reduced fat mayonnaise** (1 oz)  
**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** (1/2 oz eq)  
with **Meat Sauce** (1.5 oz eq)  
and **Whole Wheat Roll** (1 oz eq)  
**Green Beans, cooked** (1/2 cup)  
**Broccoli** (1/2 cup)  
**Cauliflower** (1/2 cup)  
**Kiwi Halves, raw** (1/2 cup)  
**Fat free/low fat (1%) Milk** (8oz)  
**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  
**Fat free/low fat (1%) Milk** (8oz)  
**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 eq)  
with **Whole Wheat Roll** (1 oz eq)  
**Mashed Potatoes** (1/2 cup)  
**Steamed Broccoli** (1/2 cup)  
**Peaches**  
(canned, packed in juice – 1/2 cup)  
**Fat free/low fat (1%) Milk** (8oz)  
**Tartar 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)  
**Fat free/low fat (1%) Milk** (8oz)  
**Low Fat Ranch Dip** (1 oz)

