

Academy Prep Tampa (K-8 Lunch Menu **October** White 1% and FF Chocolate milk offered every day for lunch)

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
Week 1	October 3	October 4	October 5	October 6	October 7
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Spaghetti 2 oz meat	Diced Chicken W/Gravy 2 oz Diced Chicken	WGR Fish Filet Sandwich 2 oz meat	Hamburger Helper 2 oz ground beef 0.5 oz cheese	Pulled BBQ on Bun 2 oz diced chicken
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	1 oz WGR Rolls ½ c. WRG Noodles	1oz WGR Roll	1 oz WGR Breeding 2 oz WGR Bun	1 oz. WGR Roll ½ c. WRG Noodles	2oz WGR Bun
FRUITS ½ cup/ day	½ c. Mandarin Oranges	½ c. Pineapples	½ c. Mixed Fruit	½ c. Pears	½ c. Mandarin Oranges
VEGETABLES- ¼ cup daily					
Dark Green- ½ cup/ week					1 ½ c. Caesar side salad w/ Romaine
Red/Orange - ¼ cup/ week	3/8 c. tomato sauce		¾ c. Steamed Carrots		
Legumes- ½ cup/ week		½ c. Black-eyed Peas			
Starchy- ½ cup/ week		½ c. Yellow Rice			½ c. Corn
Other- ½ cup/ week	¾ c. Green Beans			¾ c. Mixed Vegetables	
Other Foods					1 tbs Ranch

Week 2	October 10	October 11	October 12	October 13	October 14
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Beef Nachos 2 oz Ground Beef 0.5 oz cheese	Rotini w/ Ground Beef 2 oz ground beef	Popcorn Chicken 2 oz chicken (12)	Chicken Patty Sandwiches 2 oz meat	Chicken and Yellow Rice 2 oz chicken
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	1.25 oz WGR Chips	½ c. WGR Ziti Pasta 1 oz WGR Rolls	1 oz WGR breading 1 oz WGR roll	0.75 oz WGR Breading 2 oz WGR Bun	1 oz WGR Roll
FRUITS ½ cup/ day	½ c. Diced Pears	½ c. Diced Peaches	½ c. Mandarin Oranges	½ c. Pineapples	½ c. Diced Pears
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week	½ c. shredded lettuce				1 ½ c. Romaine
Red/Orange - ¼ cup/ week		¾ c. Carrots			¼ c. Tomato Sauce
Legumes- ½ cup/ week	¾ c. Black Beans				
Starchy- ½ cup/ week			½ c. Mashed Potatoes ½ c. Corn		½ c. Yellow Rice
Other- ½ cup/ week				¾ c. Green Beans	
Other Foods	1 pkt taco sauce		1 tbs Ranch	1 pkt ketchup	1 tbs Ranch

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
Week 3	October 17	October 18	October 19	October 20	October 21
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Chicken Strips (2) 2 oz meat	Chicken Tropi Chop 2 oz Turkey Meatballs (5)	Sloppy Joes 2 oz ground beef	Chicken Alfredo (1 cup) 2.25oz Cooked Chicken	Spaghetti 2 oz meat
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	1 oz WGR Breading 1 oz WGR Roll	½ c. WGR Rice 1 oz WGR Roll	2 oz WGR Bun	½ c. WGR Noodles 1 oz WGR Roll	1 oz WGR Rolls ½ c. WRG Noodles
FRUITS ½ cup/ day	½ c. Pineapples	½ c. Diced Pears	½ c. Mandarin Oranges	½ c. Peaches	½ c. Pineapples
VEGETABLES- ¼ cup daily					
Dark Green- ½ cup/ week					1 ½ c. Ceasar Side Salad w/ Romaine
Red/Orange - ¾ cup/ week			¼ c. Tomato Sauce	¾ c. Carrots	¼ c. Tomato Sauce
Legumes- ½ cup/ week			¾ c. Baked Beans		
Starchy- ½ cup/ week	¾ c. Mashed Potatoes				
Other- ½ cup/ week		¾ c. Mixed Vegetables			
Other Foods	1 tbs Ranch				1 tbs Ranch

Week 4	October 24	October 25	October 26	October 27	September 28
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Hot Dogs 2oz Beef Frank	Shepherd's Pie 2 oz ground turkey .5oz Cheese	Bourban Chicken 2 oz diced chicken	Meatball Marinara Subs 2 oz Turkey Meatballs (5)	Baked Ziti 2 oz ground beef 0.5 oz cheese
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	2 oz. WGR Bun	1 oz. WGR Roll	½ c. WGR Rice 1oz WGR Roll	2 oz WGR Sub Roll	1 oz WGR Roll
FRUITS ½ cup/ day	½ c. Pineapples	½ c. Mandarin Oranges	½ c. Peaches	½ c. Diced Pears	½ c. Pineapples
VEGETABLES- ¼ cup daily					
Dark Green- ½ cup/ week					1 ½ c. Romaine
Red/Orange - ¾ cup/ week				¾ c. Steamed Carrots	¼ c. Tomato Sauce
Legumes- ½ cup/ week	¾ c. Baked Beans	¾ c. Green Beans			
Starchy- ½ cup/ week		¾ c. Mashed Potatoes			
Other- ½ cup/ week	1 pkt ketchup		¾ c. Mixed Vegetables		
Other Foods					1 tbs Ranch

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
Week 1	October 31	November 1	November 2	November 3	November 4
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Meatballs w/Gravy 2 oz Turkey meatballs (5)	Mini Corn dogs (6) 2 oz meat	Hamburgers 2.75 oz Beef Patty	Chicken and Yellow Rice 2oz Diced Chicken	Chicken Alfredo (1 cup) 2.25oz Cooked Chicken
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	1 oz WGR Roll ½ c. WGR Rice	2 oz WGR Breeding	2 oz WGR Bun	1oz WGR Roll	½ c. WGR Noodles 1 oz WGR Roll
FRUITS ½ cup/ day	½ c. Pears	½ c. Mandarin Oranges	½ c. Pineapples	½ c. Diced Pears	½ c. Mandarin Oranges
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week					1 ½ c. Caesar side salad w/ Romaine
Red/Orange - ¾ cup/ week	¾ c. Steamed Carrots				¼ c. Tomato Sauce
Legumes- ½ cup/ week		¾ c. Baked Beans			
Starchy- ½ cup/ week			¾ c. Corn	½ c. Yellow Rice	
Other- ½ cup/ week				¾ c. Green Beans	
Other Foods		1 pkt ketchup	1 pkt ketchup		1 tbs Ranch