



## El Rancho School's Two-Week Rotating Menu

Revised 1/26/17

### WEEK ONE:

Monday	Chicken Nuggets (2 oz.), Broccoli (1/2 c.), Apple Sauce (1/2 c.), Milk (3/4 c.)
Tuesday	Macaroni & Cheese (1/4 c. pasta, 1.5 oz. cheese), Green Beans (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.)
Wednesday	Corn Dog, Carrots w/ Ranch (1/4 c.), Apple Sauce (1/2 c.), Milk (3/4 c.)
Thursday	Spaghetti (1/4 c.) w/ Meat Sauce (1.5 oz.), Garlic Bread, Mixed Vegetables (1/2 c.), Pears (1/2 c.), Milk (3/4 c.)
Friday	Grilled Cheese (1 oz.) Sandwich (1 slice wheat bread), or Homemade Chicken (1.5 oz.) Noodle Soup (1/4 c.), Corn (1/4 c.) Pineapple (1/2 c.), <u>or</u> Jello w/ fruit cocktail (1/4 c.), Milk (3/4 c.)

### WEEK TWO:

Monday	Sliced Turkey (1.5 oz.), Cheese (1 oz.) & Lettuce Sandwich on wheat bread, Corn (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.)
Tuesday	Teriyaki Chicken (2 oz.) with Brown Rice (1/2 c.), Vegetables (1/2 c.), Fruit (1/2 c.), Milk (3/4 c.)
Wednesday	Cook's Pizza (1.5 oz. cheese, 1/2 serving bread, 2 salami), Green Beans (1/2 c.), Peaches (1/2 c.), Milk (3/4 c.)
Thursday	Cook's Chili (Beans, Ground Beef, topped with Shredded Cheddar Cheese), Homemade Corn Bread (1/2 serving), Mixed Vegetables (1/2 c.), Pineapple (1/2 c.), Milk (3/4 c.)
Friday	Fish Sticks (3), Tater Tots (1/3 c.), Fruit Cocktail (1/2 c.), Milk (3/4 c.)

- All children receive the above minimum, and may be served 2nds and 3rds upon their request.
- Bean and cornbread served at the same meal combine to make a complete protein.
- All vegetables are fresh frozen.
- Whole wheat bread with no artificial preservatives added.
- Milk is fresh low-fat

This menu has been certified by a dietitian to be nutritionally complete.  
Modifications to the menu will be posted on the parent-information board.

### K-8<sup>th</sup> Grade Only

On two Fridays a month the main entrée will be substituted as follows:

1<sup>st</sup> Friday of the month: Barbequed Cheeseburger with condiments

3<sup>rd</sup> Friday of the month: Beef & Bean Burrito

