

Babcock Neighborhood Schools Menu: White 1% and FF Chocolate offered every day for lunch

9/5/22-9/9/22	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	BBQ Shredded Chicken 2oz Chicken	Korean Meatballs Rice Bowls 2- 1oz Beef meatballs	Caesar Salad	Chicken Alfredo 2oz Sliced Chicken Grilled Strips	WGR Pizza Stuffed Sandwich 2oz
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	WGR Cornbread 1oz	3oz Brown Rice	3oz WGR Biscuit	WGR Linguine noodles 2oz	2oz WGR Sandwich
FRUITS ½ cup/ day	½ cup Peaches	Mixed Fruit ½ Cup	Mandarins ½ cup	Apple Slices ½ cup	½ cup Diced Pineapples
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week			Sweet Peas	Steamed Broccoli ½ cu	1 cup Salad
Red/Orange - ¾ cup/ week			Carrots		½ cup Diced tomatoes
Legumes- ½ cup/ week	2oz Baked Beans				
Starchy- ½ cup/ week		Sauteed Corn		Alfredo Sauce ¼ cup	
Other- ½ cup/ week					
Other Foods					

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. Oz.	8 fl. Oz.		
9/12/22-9/16/22					
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Herb Roasted Chicken 2oz Baked Chicken	Turkey & Cheese Sub 1oz Turkey & 1oz Cheese	Turkey Meatloaf 2oz Cooked Turkey	Hot Dogs 2oz Beef Frank	Beef Stir Fry 2oz Cooked Beef
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	3oz WGR Biscuit	2oz WGR Bun	WGR Cornbread 1oz or ½ cup Brown Rice	2oz WGR Bun	2oz WGR Noodles
FRUITS ½ cup/ day	½ cup Apple Sauce	½ cup Mandarins	½ cup Diced Pineapples	½ cup Mixed Fruit	½ cup Diced Peaches
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week		½ cup Salad	½ cup Green Beans		¼ cup Broccoli
Red/Orange - ¾ cup/ week		¾ cup Diced Tomatoes			¼ cup Carrots
Legumes- ½ cup/ week			½ cup Black Beans	½ cup Baked Beans	
Starchy- ½ cup/ week	½ cup Diced Potatoes	½ cup Tater Tots			
Other- ½ cup/ week					
Other Foods					

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
9/19/22-9/23/22					
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Baked Chili Macaroni 1oz Ground beef & 1oz Cheese	Chicken Teriyaki Bowl 2oz Diced Chicken	Ground Turkey Tacos 1 oz Ground Turkey & 1oz Shredded Cheese	Chicken Pot Pie 2oz Cooked Chicken Meat	WGR Pizza Stuffed Sandwich 2oz
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	2oz WGR Macaroni Pasta	3oz WGR Biscuit	2oz WGR Taco Shells	WGR Cornbread 1oz	2oz WGR Sandwich
FRUITS ½ cup/ day	½ cup Apple Slice	½ cup Pineapples	Mixed Fruit ½ cup	½ cup Mandarins	½ cup Diced Peaches
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week		¼ cup Broccoli		¼ cup Sweet Peas	1 Cup Salad
Red/Orange - ¾ cup/ week	½ cup Tomato Sauce	¾ cup Shredded carrots		¼ cup Carrots	¾ cup Diced Tomatoes
Legumes- ½ cup/ week		¼ cup Garbanzo Beans	¼ cup Black Beans		
Starchy- ½ cup/ week		½ cup Brown Rice			
Other- ½ cup/ week					
Other Foods					

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
9/26/22-9/30/22					
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Brown Stew Chicken 2oz Chicken Thighs	Beef Chili 2oz Ground Beef	Turkey & Cheese Wrap 2oz Turkey Meat & 1oz Cheese	Turkey Rotini 2oz Ground Turkey Meat	Hamburgers 2oz Ground Beef
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	3oz WGR Biscuit-	WGR Cornbread 1oz	2oz WGR Wrap	2oz WGR Rotini Pasta	2oz WGR Mini Buns
FRUITS ½ cup/ day	½ cup Sliced Apples	½ cup Diced Pineapples	½ cup Diced Pears	½ cup Applesauce	Mixed Fruit ½ Cups
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week	½ cup Sweet Peas	¼cup Celery	½ cup Salad		
Red/Orange - ¾ cup/ week			¾ cup Diced Tomatoes		
Legumes- ½ cup/ week		¼ cup Kidney Beans & 1/4 cup Chili Beans			
Starchy- ½ cup/ week	½ cup Yellow Rice			½ cup Sauteed Corn	1/2 cup Tater Tots
Other- ½ cup/ week					
Other Foods			Mayo Pkt		Mayo PKt