

HCNP MENU PLANNING TEMPLATE (5-DAY)

SFA NAME: WikiFRESH	ADDENDUM B - Rev1 09/06/2017												MEAL: BREAKFAST <input type="checkbox"/>				LUNCH <input checked="" type="checkbox"/>			
MENU WEEK # 1	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Mojo Pork (Kalua Style)				Taco Tuesday				Barbacoa Shredded Beef				Caribbean Turkey				Grilled Chicken Cubes			
	Hapa Rice (Brown/White)				Boca Crumbles w/ Taco Seasoning				w/ Hapa Rice & Green Onion topped				Hapa Rice				Hapa Rice			
	Papaya Slice				Wheat Tortilla				Roasted (purple) Sweet Potato & Corn				Romaine, Cucumber & tomato slices				Romaine, Tomato Slices			
	Roasted (purple) Sweet Potato & Corn				Sofrito Black Beans, Lettuce,				Lettuce & carrot sticks				orange slices				Black Beans			
	Lettuce Mix				Tomato Salsa & grated cheese				apple slices								banana			
	Pineapple Cubes																			
MEAT/MEAT ALTERNATE	MEAT/MEAT ALT	K-5	6-8	9-12	MEAT/MEAT ALT	K-5	6-8	9-12	MEAT/MEAT ALT	K-5	6-8	9-12	MEAT/MEAT ALT	K-5	6-8	9-12	MEAT/MEAT ALT	K-5	6-8	9-12
(oz eq)	Mojo Pork	1.75	2	2	Boca Crumbles/Tofu	1.75	2	2.2	Slow Roasted Beef	1	1	2	Shredded Turkey	1.75	2	2.2	Grilled Chicken	1.75	2	2.2
(serving size)					Taco Seasoning															
GRAINS	GRAINS	K-5	6-8	9-12	GRAINS	K-5	6-8	9-12	GRAINS	K-5	6-8	9-12	GRAINS	K-5	6-8	9-12	GRAINS	K-5	6-8	9-12
(oz eq)	Hapa Rice	1.75	1.75	2	Wheat Tortilla	1.75	1.75	2	Hapa Rice	1	1	2	Hapa Rice	1.75	1.75	2	Hapa Rice	1.75	1.75	2
(serving size)																				
FRUIT (cups)	FRUIT	K-5	6-8	9-12	FRUIT	K-5	6-8	9-12	FRUIT	K-5	6-8	9-12	FRUIT	K-5	6-8	9-12	FRUIT	K-5	6-8	9-12
	Papaya	0.5	0.5	1	Pineapple	0.5	0.5	1	Apples	0.5	0.5	1	Oranges	0.5	0.5	1	banana	0.5	0.5	1
VEGETABLES (cups)	VEGETABLES	K-5	6-8	9-12	VEGETABLES	K-5	6-8	9-12	VEGETABLES	K-5	6-8	9-12	VEGETABLES	K-5	6-8	9-12	VEGETABLES	K-5	6-8	9-12
Dark Green	Romaine	0.5	0.5	0.75	Romaine	0.25	0.25	0.25	Romaine	0.25	0.25	0.25	Romaine	0.25	0.25	0.5	Romaine	0.25	0.25	0.5
Red/Orange					tomato salsa	0.25	0.25	0.5	carrot sticks	0.25	0.25	0.5	tomato slices	0.25	0.25	0.25	tomato slices	0.25	0.25	0.25
Beans/Peas/Legumes					black beans	0.25	0.25	0.25									black beans	0.25	0.25	0.25
Starchy	Sweet potato/corn	0.25	0.25	0.25					Sweet potato/corn	0.25	0.25	0.25								
Other													Cucumber	0.25	0.25	0.5				
Additional																				
TOTAL:		0.75	0.75	1		0.75	0.75	1.00		0.75	0.75	1		0.75	0.75	1.25		0.75	0.75	1
MILK (cups) NA	MILK		6-8	9-12	MILK	K-5	6-8	9-12	MILK	K-5	6-8	9-12	MILK	K-5	6-8	9-12	MILK	K-5	6-8	9-12
EXTRA/CONDIMENT	EXTRA/CONDIMENT	K-5	6-8	9-12	EXTRA/CONDIMENT	K-5	6-8	9-12	EXTRA/CONDIMENT	K-5	6-8	9-12	EXTRA/CONDIMENT	K-5	6-8	9-12	EXTRA/CONDIMENT	K-5	6-8	9-12
					grated cheese	0.1	0.1	0.2	Green Onions	0.1	0.1	0.1								

This institution is an equal opportunity provider.