



Summer Food Model Menus

- Prepared by the Food Research & Action Center -



** Please check with your State Agency for menu approval.

*** Special thanks for menu items go to Castleton Community Center (VT), Food Bank of Northern Nevada (NV), Indianapolis School District (IN), Kamiah Elementary School (ID), Laraway Youth & Family Services (VT), Pennsylvania Dept. of Education (PA), Salvation Army Mankato (MN), Somerville School District (MA)

Gold Model Menus - Hot Meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baked Chicken Tenders w/lowfat dip Whole Wheat Pretzels or Whole Wheat Roll Broccoli salad Grapes 1% or Skim Milk</p>	<p>Whole Wheat Rotini Pasta w/Italian Meat Sauce Seasoned Whole Kernel Corn Fresh Nectarine 1% or Skim Milk</p>	<p>Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup or Baby Carrots Apple Slices Lowfat Oatmeal Raisin Cookie 1% or Skim Milk</p>	<p>Nacho Salad with Taco Meat, Shredded Cheese, Baked Tortilla Rounds, Kidney Beans, Shredded Lettuce Red Gold Salsa Fresh Peach 1% or Skim Milk</p>	<p>Vegetable Brown Rice Salad Cheese Stick (skim cheese) and Sunflower Seeds Cucumber Slices w/lowfat dip Raisins or Chilled Applesauce 1% or Skim Milk</p>
<p>Turkey & American Cheese Melt on a Whole Wheat Bun Chopped Romaine Lettuce & Tomato Slice Cantaloupe or Orange Wedges 1% or Skim Milk</p>	<p>Baked Cheese Ziti Whole Wheat Roll Garden Salad or Celery Sticks Mixed Fruit Cup 1% or Skim Milk</p>	<p>Roast Beef Sandwich on Whole Wheat Bread Mixed Vegetables Watermelon 1% or Skim Milk</p>	<p>Chicken Salad in Whole Wheat Pita Pockets Cucumber Sticks Chilled Peaches 1% or Skim Milk</p>	<p>Macaroni & Cheese Vegetarian Baked Beans Seasoned Whole Kernel Corn Cantaloupe 1% or Skim Milk</p>
<p>Bean & Cheese Burrito on a Whole Wheat Tortilla Spinach Salad Pineapple Chunks or Grapes 1% or Skim Milk</p>	<p>Meatloaf Whole Wheat Crackers Seasoned Redskin Potatoes Kiwi halves 1% or Skim Milk</p>	<p>Beef Ravioli Whole Wheat Roll Garden Salad Apple Slices 1% or Skim Milk</p>	<p>Cheese Pizza (whole wheat crust & skim cheese) Baby Carrots or Green Pepper Slivers w/lowfat Ranch Dipping Cup Mandarin Oranges 1% or Skim Milk</p>	<p>Grilled Beef Teriyaki Strips Whole Wheat Roll or Baked Wheat Chips Seasoned Whole Kernel Corn Fresh Pear Slices 1% or Skim Milk</p>

Gold Model Menus - Cold Meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Turkey Roll Up on a Whole Wheat Tortilla Garden Salad or Green Pepper Slivers w/lowfat dip Cantaloupe 1% or Skim Milk</p>	<p>Roast Beef Sandwich on Whole Wheat Bread Lettuce and Tomato Slice Watermelon 1% or Skim Milk</p>	<p>Chicken Salad on a Whole Wheat Pita Bread Baby Carrots Fresh Peach 1% or Skim Milk</p>	<p>Cold Cheese Pizza (on whole wheat crust w/skim cheese) Broccoli Florets w/lowfat dip Apple Slices or Grapes 1% or Skim Milk</p>	<p>Vegetable Brown Rice Salad Sunflower Seeds and a Cheese Stick (skim cheese) Cucumber Slices w/lowfat dip Raisins or Chilled Applesauce 1% or Skim Milk</p>
<p>Lowfat Apple Cinnamon Muffin Lowfat Vanilla Yogurt Fresh Jicama Sticks Fresh Pear Slices 1% or Skim Milk</p>	<p>Tuna Salad on a French Roll Lettuce & Tomato Slice Celery Sticks Orange Wedges or Apple Slices 1% or Skim Milk</p>	<p>Hummus Wrap on a Whole Wheat Tortilla Cole Slaw Fresh Nectarine 1% or Skim Milk</p>	<p>Nacho Salads with Taco Meat, Shredded Cheese, Baked Tortilla Rounds, Kidney Beans, Shredded Lettuce, and Red Gold Salsa Fresh Peach 1% or Skim Milk</p>	<p>Sliced Turkey and Cheese on a Whole Wheat Roll Cucumber Sticks Orange Wedges or Apple Slices 1% of Skim Milk</p>
<p>Cold Baked Chicken Tenders w/lowfat dip Whole Wheat Pretzels or Whole Wheat Roll Broccoli florets w/lowfat dip Grapes 1% or Skim Milk</p>	<p>Fresh Fruit Medley - watermelon, cantaloupe, strawberries Cottage Cheese Whole Wheat Bun Fresh Yam Sticks 1% or Skim Milk</p>	<p>Pasta Salad with chopped fresh vegetables Lowfat Yogurt Cup Watermelon or Fresh Peach 1% or Skim Milk</p>	<p>Chicken Fajita Chef Salad w/lowfat dressing Wheat Crackers or Whole Wheat Roll Kiwi Halves 1% or Skim Milk</p>	<p>Baked Meatball Sub on a French Roll Celery Sticks Apple Slices Lowfat Sugar Cookie 1% or Skim Milk</p>

Silver Model Menus - Hot Foods

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Tenders w/lowfat dip Whole Wheat Pretzels Broccoli Salad Grapes 1% or Skim Milk	Rotini Pasta w/Italian Meat Sauce Garden Salad w/lowfat French Dressing Pineapple Chunks 1% or Skim Milk	Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup Apple Slices Lowfat Oatmeal Raisin Cookie 1% or Skim Milk	Nacho Salad with Taco Meat, Shredded Cheese, Tortilla Rounds, Kidney Beans Shredded Lettuce Red Gold Salsa 1% or Skim Milk	Cheese Pizza (whole wheat crust & skim cheese) Baby Carrots w/lowfat Ranch Dipping Cup Mandarin Oranges 1% or Skim Milk
Turkey & American Cheese Melt on a Whole Wheat Bun Chopped Romaine Lettuce & Tomato Slice Chilled Applesauce 1% or Skim Milk	Baked Cheese Ziti Whole Wheat Roll Peas & Carrots Fresh Pear Slices 1% or Skim Milk	Baked Meatball Sub on a Whole Wheat Roll Mixed Vegetables Watermelon 1% or Skim Milk	Meatloaf Whole Wheat Crackers Seasoned Redskin Potatoes Chilled Peaches 1% or Skim Milk	Macaroni & Cheese Vegetarian Baked Beans Cantaloupe 1% or Skim Milk

Silver Model Menus - Cold Foods

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Roll Up on a Whole Wheat Tortilla Garden Salad Chilled Applesauce 1% or Skim Milk	Roast Beef Sandwich on Whole Wheat Bread Lettuce and Tomato Slice Watermelon 1% or Skim Milk	Chicken Salad Pita Bread Baby Carrots Chilled Peaches 1% or Skim Milk	Cold Cheese Pizza (whole wheat crust & skim cheese) Green Pepper Slivers Apple Slices 1% or Skim Milk	Vegetable Brown Rice Salad Cheese Sticks (skim cheese) Cucumber Slices w/lowfat dip Raisins 1% or Skim Milk
Cold Baked Chicken Tenders w/lowfat dip Whole Wheat Pretzels Baby Carrots Grapes 1% or Skim Milk	Lowfat Apple Cinnamon Muffin Lowfat Vanilla Yogurt Fresh Jicama Sticks Fresh Pear Slices 1% or Skim Milk	Pasta Salad with chopped fresh vegetables Lowfat Yogurt Cup Watermelon 1% or Skim Milk	Nacho Salads with Taco Meat, Shredded Cheese, Baked Tortilla Rounds, Kidney Beans, Shredded Lettuce, and Red Gold Salsa Fresh Peach 1% or Skim Milk	Sliced Turkey and Cheese on a Whole Wheat Roll Cucumber Sticks Apple Slices 1% of Skim Milk

Bronze Model Menus - Hot Foods

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Tenders w/lowfat dip Pretzels Seasoned Corn Grapes 2%, 1%, or Skim Milk	Rotini Pasta w/Italian Meat Sauce Garden Salad w/lowfat French Dressing Pineapple Chunks 2%, 1%, or Skim Milk	Grilled Cheese Sandwich on Whole Wheat Bread Tomato Soup Apple Slices Lowfat Oatmeal Raisin Cookie 2%, 1%, or Skim Milk	Nacho Salad with Taco Meat, Shredded Cheese, Tortilla Rounds, Kidney Beans, Shredded Lettuce, and Red Gold Salsa 2%, 1%, or Skim Milk	Cheese Pizza (whole wheat crust & skim cheese) Baby Carrots w/lowfat Ranch Dipping Cup Mandarin Oranges 2%, 1%, or Skim Milk
Turkey & American Cheese Melt on a Whole Wheat Bun Chopped Romaine Lettuce & Tomato Slice Chilled Applesauce 2%, 1%, or Skim Milk	Baked Cheese Ziti Dinner Roll Peas & Carrots Mixed Fruit Cup 2%, 1%, or Skim Milk	Baked Meatball Sub on a Whole Wheat Roll California Blend Vegetables Watermelon 2%, 1%, or Skim Milk	Meatloaf Seasoned Redskin Potatoes Chilled Peaches 2%, 1%, or Skim Milk	Macaroni & Cheese Vegetarian Baked Beans Seasoned Whole Kernel Corn Cantaloupe 2%, 1%, or Skim Milk

Bronze Model Menus - Cold Foods

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Roll Up on a Whole Wheat Tortilla Garden Salad Chilled Applesauce 2%, 1%, or Skim Milk	Roast Beef Sandwich Lettuce and Tomato Slice Watermelon 2%, 1%, or Skim Milk	Chicken Salad on Pita Bread Baby Carrots Chilled Peaches 2%, 1%, or Skim Milk	Cold Cheese Pizza (whole wheat crust & skim cheese) Green Pepper Slivers Apple Slices 2%, 1%, or Skim Milk	Vegetable Brown Rice Salad Cheese Sticks (skim cheese) Cucumber Slices w/lowfat dip Raisins 2%, 1%, or Skim Milk
Cold Baked Chicken Tenders w/lowfat dip Pretzels Baby Carrots Grapes 2%, 1%, or Skim Milk	Lowfat Apple Cinnamon Muffin Lowfat Vanilla Yogurt Fresh Jicama Sticks Chilled Pear Slices 2%, 1%, or Skim Milk	Pasta Salad with chopped fresh vegetables Lowfat Yogurt Cup Chilled Applesauce 2%, 1%, or Skim Milk	Nacho Salads with Taco Meat, Shredded Cheese, Tortilla Rounds, Kidney Beans, Shredded Lettuce, and Red Gold Salsa Fresh Peach 2%, 1%, or Skim Milk	Sliced Turkey and Cheese on a Whole Wheat Roll Cucumber Sticks Apple Slices 2%, 1%, or Skim Milk

