

Exhibit 01

Request for Proposals; 2024-25 Food Service Management Company Fixed Price Contract; GEO Prep Academy of Greater Baton Rouge with bids scheduled to open May 16, 2024 at 9:00 AM.

The following pages include the 21-day cycle menus for breakfast (K-12) and lunch (K-8 and 9-12) that the FSMC must follow for the first 21 days of the contract.

The remainder of this page is intentionally left blank.

K-12 Breakfast Menu

All Meals Served with 1 Cup Fresh Fruit, and 1 cup Milk (2 varieties)

Week	Monday	Port Size	Tuesday	Port Size	Wednesday	Port Size	Thursday	Port Size	Friday	Port Size
WEEK 1							Sausage Pancake on a Stick 1MMA, 1 WBG Asst'd Fresh Fruit	2.51oz 1C	Scrambled Egg 2MMA Turkey Sausage Patty 1MMA Cheese Grits 1BG 1 MMA Asst'd Fresh Fruit	1 Lge 1.41oz 3/4c 1C
							Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C
Week 2	Breaded Chicken Patty 1 MMA .25 WBG WG Biscuit 2WBG Asst'd Fresh Fruit	1.6 oz 2oz 1C	Turkey Sausage 1 MMA WG English Muffin 2 WBG Jelly Asst'd Fresh Fruit	1.41 oz 2oz 1 TBSP 1C	Berry Parfait with FF Yogurt 1 MMA Granola ¼ c 1WBG Fresh Berries .25c Assorted Whole Grain Cereal 1 WBG Asst'd Fresh Fruit	½ cup 1/4c 1/4c 1 oz 1C	Fresh Baked Cinnamon Roll .5 WBG Grits 2 BG Asst'd Fresh Fruit	1.35 oz 1 cup 1C	Scrambled egg 2 MMA 2 SL WG Toast 1.75 WBG Bacon (extra) Jelly Asst'd Fresh Fruit	1 Lge 1.75 oz 1 sl 1 TBSP 1C
	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C

K-12 Breakfast Menu

All Meals Served with 1 Cup Fresh Fruit, and 1 cup Milk (2 varieties)

Week 3	WG Blueberry Pop Tart 1 WBG Turkey Sausage link .75 MMA Oatmeal 2 WBG Asst'd Fresh Fruit	1.76 oz 1 oz 1 cup 1C	Scrambled Egg 2MMA 2 sl WG Toast 1.75 WBG Jelly Asst'd Fresh Fruit	1 Lge 1.75oz 1 TBSP 1C	WG French Toast Sticks 1.25 WBG Grits 2 BG Syrup Asst'd Fresh Fruit	3oz 1cup 1oz 1C	Scrambled Egg 2MMA WG Biscuit 2 WBG Jelly Asst'd Fresh Fruit	1 Lge 2oz 1 TBSP 1C	Sausage Pancake on a Stick 1MMA, 1 WBG Asst'd Fresh Fruit	2.51oz 1C
	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C
WEEK 4	Cheese Grits 1BG 1 MMA Turkey Sausage Patty 1MMA WG Toast .75 WBG Asst'd Fresh Fruit	$\frac{3}{4}$ c 1.41oz 1 SL 1C	WG Pancakes 2 WBG Bacon (extra) Asst'd Fresh Fruit	2.4oz 1 sl 1C	Breaded Chicken Patty 1 MMA .25 WBG WG Biscuit 2WBG Asst'd Fresh Fruit	1.6 oz 2oz 1C	Breakfast Burrito 1 WBG 1.5 MMA WG Cereal 1 WBG Asst'd Fresh Fruit	1 ea 1oz 1C	Scrambled egg 2MMA Turkey Sausage Patty 1MMA Oatmeal 2WBG Asst'd Fresh Fruit	1 Lge 1.41oz 1 WBG 1C
	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C

K-12 Breakfast Menu

All Meals Served with 1 Cup Fresh Fruit, and 1 cup Milk (2 varieties)

WEEK 5	WG Waffles 2 WBG Turkey Sausage Link 1 MMA Syrup Asst'd Fresh Fruit	2.4oz 1oz 1 TBSP 1C	Breakfast Burrito 1WBG 1.5 MMA WG Cereal Asst'd Fresh Fruit	1 ea 1oz 1C	Turkey Sausage 1 MMA WG English Muffin 2 WBG Jelly Asst'd Fresh Fruit	1.41 oz 2oz 1 TBSP 1C	WG Pancakes 2 WBG Bacon (extra) Cheese Grits 1 BG 1 MMA Asst'd Fresh Fruit	2.4oz 1 SL $\frac{3}{4}$ c 1C		
	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C	Assorted Whole Grain Cereal 1 WBG WG Honey Graham Crackers 1WBG Asst'd Fresh Fruit	1oz 1oz 1C		

K-8 Lunch 21-Day Cycle Menu

All Meals Served with 1/2 Cup Variety Fruit and 1 cup Milk (2 varieties)

Week	Monday	Port Size	Tuesday	Port Size	Wednesday	Port Size	Thursday	Port Size	Friday	Port Size
WEEK 1							Roasted Chicken Thigh 2oz MMA WG Mac N Cheese 1/2c Baked beans 1/2c L Carrots 1/4c RO with LF Ranch Hawaiian Roll 1 BG	4oz ½ c ½ c 1/4c 1oz	Turkey Meatloaf 2 MMA Mashed Potatoes ½ c S Gravy ¼ cup Mixed Vegetables 1/4c S 1/8c RO 1/8c O WG Cornbread 1.5 WBG	3 oz ½ c ¼ c ½ c 2oz
							Chef's salad Romaine Lettuce 1/2c DG Chicken Breast 2MMA Shredded Cheese .5 MMA Cucumbers 1/4c O Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons .5 WBG Hawaiian Roll 1 BG	1c 2oz ½ oz ¼ c ¼ c 1oz ¼ c 1oz	Chili Cheese Dog Turkey Frank 2 MMA Chili Shredded Cheese .5 MMA WG Hot Dog Bun 2 WBG Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO French Fries 1/2c O Catsup	1 each 2oz .5oz 2oz 1/2c 1/2c

K-8 Lunch 21-Day Cycle Menu

All Meals Served with 1 Cup Variety Fruit and 1 cup Milk (2 varieties)

WEEK 2	<p>Chicken Sausage Gumbo 2oz MMA, 1/8 c RO 3/8c O WG Rice 1/2c WBG</p> <p>Smothered Mustard Greens 1/2c DG Glazed Carrots 1/2c RO</p> <p>½ Grilled Cheese Sandwich</p>	<p>¾ c</p> <p>½ c</p> <p>½ c</p> <p>½ c</p> <p>1oz</p>	<p>Turkey Tacos 3 MMA, 3WBG Ground Turkey 2MMA Shredded Cheese .5MMA Shredded Romaine 1/4c DG WG Fiesta Rice ½ WBG Salsa 1/8c RO, 1/8c O Pinto Beans 1/2c L Corn 1/2c S</p>	<p>1 serv 2oz .5oz</p> <p>1/2c</p> <p>1/2c</p> <p>1/4c</p> <p>1/2c</p> <p>1/2c</p>	<p>Cheese Pizza 2 MMA 2 WBG 1/8c RO Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO Celery Sticks and broccoli with LF Ranch dressing</p>	<p>1 each 1/2c 1/4c</p>	<p>BBQ Chicken Thigh 2 MMA WG Macaroni and Cheese Green Beans 1/2c O Baked Beans 1/2c L Hawaiian Roll 1 BG</p>	<p>4oz 1/2c 1/2c 1/2c 1oz</p>	<p>Spaghetti & Meatballs 1 BG. 2 MMA, 1/2 c RO Mixed Vegetables 1/8c RO 1/8c O 1/4c S Steamed Cauliflower 1/2c O WG Garlic Bread</p>	<p>1 c 1/2c 1/2c 1oz</p>
	<p>Cobb Salad Romaine Lettuce 1/2c DG Turkey Breast 2 MMA LF Shredded Cheese .5 MMA Boiled Egg 1MMA Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons .5 WBG WG Garlic Bead 1 BG</p>	<p>1c 2oz ½ oz 1/2 1/4c 1oz ¼ c 1/4c 1oz</p>	<p>Spicy Chicken Patty 2 MMA, 1 WBG HB Bun 2 WBG Catsup, LF Mayo French Fries 1/2c S Pinto Beans 1/2c L</p>	<p>1 ea</p>	<p>Cheeseburger on Bun 2.5MMA, 2 WBG Catsup, LF Mayo Tater Tots 1/2c S Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO</p>	<p>1 each 1/2c 1/2c</p>	<p>Chef's salad Romaine Lettuce 1/2c DG Chicken Breast 2MMA Shredded Cheese .5 MMA Cucumbers 1/4c O Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons .5 WBG Hawaiian Roll 1 BG</p>	<p>1c 2oz ½ oz ¼ c ¼ c 1oz ¼ c 1oz</p>	<p>Cheese Pizza 2 MMA 2 WBG 1/8 RO Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO Celery Sticks with LF Ranch dressing</p>	<p>1 sl 1/2c 1/4c</p>
WEEK 3	<p>Red beans and turkey Sausage 3 MMA WG Rice 1/2c WBG Collard Greens 1/2c DG Carrot Sticks 1/4c RO LF Ranch Dressing WG Cornbread</p>	<p>3/4c 1/2c 1/2c 1/4c 2oz</p>	<p>Turkey Nachos w/ Cheese 3MMA, 1 WBG WG Fiesta Rice Corn 1/2c S Pinto Beans 1/2c L</p>	<p>4oz 1/2c 1/2c 1/2c</p>	<p>Pepperoni pizza 2 MMA, 2 WBG, 1/8 RO (Pepperoni extra) Mixed Vegetables 1/4c S, 1/8c RO, 1/8c O Carrot Sticks with LF Ranch Dressing</p>	<p>1 each 1/2c 1/4c</p>	<p>Smothered Chicken Thigh 2 MMA WG Rice 1/2c Green Beans 1/2c O Steamed Carrot 1/2c O Hawaiian Roll 1 BG</p>	<p>4oz 1/2c 1/2c 1/2c 1oz</p>	<p>Whole Muscle Chicken Strips 2 MMA, 1 WBG Tater Tots 1/2c S Baked Beans 1/2c L Mixed Vegetables 1/4c S, 1/8c RO, 1/8c O Carrot Sticks with LF Ranch Dressing</p>	<p>3oz 1/2c 1/2c 1oz</p>

K-8 Lunch 21-Day Cycle Menu

All Meals Served with 1 Cup Variety Fruit and 1 cup Milk (2 varieties)

	Chicken Caesar Salad Romaine Lettuce 3/4c DG Chicken Breast 2MMA Parmesan Cheese 1 MMA LF Caesar Dressing WG Croutons .5 WBG Hawaiian Roll 1 BG	1-1/2 2oz 1oz 1oz 1oz	Buffalo Chicken Ranch Wrap Chicken 2 MMA Shredded Mozzarella .5 MMA WBG Tortilla 2 WBG Buffalo Ranch Sauce Celery Sticks 1/c O Corn	1 ea 1/2c 1/2c	Cobb Salad Romaine Lettuce 1/2c DG Turkey Breast 2 MMA Shredded Cheese .5 MMA Boiled Egg Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons .5 WBG Hawaiian Roll 1 BG	1c 2oz ½ oz 1/2 ¼ c 1oz ¼ c 1oz	Spicy Chicken Patty 2 MMA, 1 WBG HB Bun 2 WBG Catsup, Mayo French Fries 1/2c S Pinto Beans 1/2c L	1 ea	Pepperoni pizza 2 MMA, 2 WBG, 1/8 RO (Pepperoni extra) Mixed Vegetables 1/4c S, 1/8c RO, 1/8c O Carrot Sticks with LF Ranch Dressing	1 each 1/2c 1/4c
WEEK 4	Yaka Mein 1 MMA, 1 WBG, 1/8c O ½ grill cheese 1 WBG, .5oz MMA Mustard Greens ½ DG Corn ½ S	1 c 1/2c 1/2c	Turkey Tacos 3 MMA, 3WBG Ground Turkey 2MMA Shredded Cheese .5MMA Shredded Romaine 1/4c DG WG Fiesta Rice ½ WBG Salsa 1/8c RO, 1/8c O Pinto Beans 1/2c L Corn 1/2c S	1 serv 2oz .5oz 1/2c 1/2c 1/4c 1/2c 1/2c	Meat Lovers Pizza 3MMA, 2 WBG. 1/8 RO French Fries 1/2c S Broccoli Florets 1/4c DG LF Ranch Dressing Green Beans 1/2c O	1 Sl ½ c 1/4c 1/2c	Herbed Baked Chicken 2oz MMA WG Yellow Rice 1/2c WBG Gravy Carrot Sticks ¼ RO Ranch Dressing Mixed Vegetables 1/8 RO, ¼ S, 1/8 O Hawaiian Garlic Roll 1 BG	4oz 1/2c 1/4c 1/4c 1/2c 1oz	Shepherds Pie 2 MMA, ¼ S Steamed Cauliflower Florets 1/2c O Carrots ½ c RO Hawaiian Roll 1 BG	2/3c 1/2c 1/2c 1oz

K-8 Lunch 21-Day Cycle Menu

All Meals Served with 1 Cup Variety Fruit and 1 cup Milk (2 varieties)

	Chili Cheese Dog Turkey Frank 2 MMA Chili Shredded Cheese .5 MMA WG Hot Dog Bun 2 WBG French Fries 1/2c S Corn 1/2c S Catsup	1 ea 2oz .5oz 2oz 1/2c 1/2c	Garden Salad Chopped Egg 2 MMA Cheese .5 MMA Romaine Lettuce ½ DG Shredded Carrots Croutons .5 WBG WG Roll	1 ea 1 ea .5oz 1c 1/4c 1/4c 1oz	Cheeseburger on Bun 2.5MMA, 2 WBG French Fries 1/2c S Broccoli Florets 1/4c DG LF Ranch Dressing Green Beans 1/2c O	1 each 1/2c 1/2c 1/2c	Cheese Pizza 2 MMA 2 WBG, 1/8 RO Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO Carrot Sticks LF Ranch dressing	1 each 1/2c 1/4c	Whole Muscle Chicken Strips 2 MMA, 1 WBG Tater Tots 1/2c S Steamed Cauliflower Florets 1/2c O Carrots ½ c RO Hawaiian Roll 1BG	3oz 1/2c 1/2c 1oz
WEEK 5	Smothered Pork Chops 2 MMA Gravy Scalloped potatoes Cherry tomatoes Green Beans ½ c O Hawaiian Roll 1 BG	3oz 1/2c 1/4c 1/2c 1/2c 1oz	Turkey Nachos w/ Cheese 3MMA, 1 WBG WG Fiesta Rice 1/2c WBG Corn 1/2c S Pinto Beans 1/2c L	1 Serv 1/2c 1/2c 1/2c	Pepperoni pizza 2 MMA, 2 WBG, 1/8 RO (Pepperoni extra) Mixed Vegetables 1/4c S, 1/8c RO, 1/8c O Celery Sticks 1/2c O LF Ranch Dressing	1 each 1/2c 1/4c	Oven Fried Chicken WG Macaroni and Cheese Steamed Broccoli Carrot Sticks Hawaiian roll	4oz 1/2c 1/2c 1/4c 1oz		
	Chef's Salad Romaine Lettuce 1/2c DG Turkey Breast 2MMA Shredded Cheese .5 MMA Cucumbers 1/4c O Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons .5 WBG Hawaiian Roll 1 BG Side cherry tomatoes	1c 2oz ½ oz ¼ c ¼ c 1oz ¼ c 1oz	Chicken Caesar Salad Romaine Lettuce 3/4c DG Chicken Breast 2MMA Parmesan Cheese 1 MMA LF Caesar Dressing WG Croutons .5 WBG Hawaiian Roll 1 BG	1-1/2 c 2oz 1oz 1oz 1oz	Buffalo Chicken Ranch Wrap Chicken 2 MMA Shredded Mozzarella .5 MMA WBG Tortilla 2 WBG Buffalo Ranch Sauce Celery Sticks 1/2c O Corn 1/2c S	1 ea 1/2c 1/2c	Cheese Pizza 2 MMA 2 WBG 1/8 RO Steamed Broccoli Carrot Sticks LF Ranch dressing	1 each 1/2c 1/4c 1oz 1oz		

9-12 Lunch 21-Day Cycle Menu

All Meals Served with 1 Cup Variety Fresh Fruit and 1c Milk (2 varieties)

Week	Monday	Port Size	Tuesday	Port Size	Wednesday	Port Size	Thursday	Port Size	Friday	Port Size
WEEK 1							Roasted Chicken Thigh 2oz MMA WG Mac N Cheese 1/2c WB Baked beans 1/2c L Carrots 1/4c RO with LF Ranch Hawaiian Roll 1 BG	4oz ½ c ½ c 1/2c 1oz	Turkey Meatloaf 2 MMA Mashed Potatoes ½ c S Gravy ¼ cup Mixed Vegetables 1/4c S 1/8c RO 1/8c O WG Cornbread 2.25 WBG	3 oz ½ c ¼ c ½ c 3oz
							Chef's salad Romaine Lettuce 3/4c DG Chicken Breast 2MMA Shredded Cheese .5 MMA Cucumbers 1/4c O Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons 1WBG Hawaiian Roll 1 BG	1-2/2c 2oz ½ oz ¼ c ¼ c 1oz 1/2 c 2oz	Chili Cheese Dog Turkey Frank 2 MMA Chili Shredded Cheese .5 MMA WG Hot Dog Bun 2 WBG Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO French Fries 1/2c O Catsup	1 each 2oz .5oz 2oz 1/2c 1/2c

9-12 Lunch 21-Day Cycle Menu

All Meals Served with 1 Cup Variety Fresh Fruit and 1c Milk (2 varieties)

WEEK 2	Chicken Sausage Gumbo 2oz MMA, 1/8 c RO 3/8c O ½ Grilled Cheese Sandwich 1 WBG .5oz MMA WG Rice 1/2c WBG Smothered Mustard Greens 1/2c DG Glazed Carrots 1/2c RO	¾ c ½ c 1 Serv ½ c ½ c 1oz	Turkey Tacos 3 MMA, 3WBG Ground Turkey 2MMA Shredded Cheese .5MMA Shredded Romaine 1/4c DG WG Fiesta Rice 2 WBG Salsa 1/8c RO, 1/8c O Pinto Beans 1/2c L Corn 1/2c S	1 serv 2oz .5oz 1/2c 1c 1/4c 1/2c 1/2c	Cheese Pizza 2 MMA 2 WBG 1/8c RO Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO Celery Sticks and broccoli with LF Ranch dressing	1 each 1/2c 1/2c	BBQ Chicken Thigh 2 MMA WG Macaroni and Cheese Green Beans 1/2c O Baked Beans 1/2c L Hawaiian Roll 1 BG	4oz 1c 1/2c 1/2c 1oz	Spaghetti & Meatballs 1 BG. 2 MMA, 1/2 c RO Mixed Vegetables 1/8c RO 1/8c O 1/4c S Steamed Cauliflower 1/2c O WG Garlic Bread	1 c 1/2c 1/2c 1oz	
	Cobb Salad Romaine Lettuce 3/4c DG Turkey Breast 2 MMA LF Shredded Cheese .5 MMA Boiled Egg 1MMA Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons 1 WBG WG Garlic Bead 1 WBG	1-1/2 c 2oz ½ oz 1/2 1/4c 1oz 1/2 c 1oz	Spicy Chicken Patty 2 MMA, 1 WBG HB Bun 2 WBG Catsup, LF Mayo French Fries 1/2c S Pinto Beans 1/2c L	1 ea 2oz 1/2c 1/2c	Cheeseburger on Bun 2.5MMA, 2 WBG Catsup, LF Mayo Tater Tots 1/2c S Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO	1 each 1/2c 1/2c	Chef's salad Romaine Lettuce 3/4 DG Chicken Breast 2MMA Shredded Cheese .5 MMA Cucumbers 1/4c O Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons 1 WBG Hawaiian Roll 1BG	1-1/2c 2oz ½ oz ¼ c ¼ c 1oz 1/2 c 1oz	Cheese Pizza 2 MMA 2 WBG 1/8 RO Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO Celery Sticks with LF Ranch dressing 1/2c O	1 sl 1/2c 1/2c	
WEEK 3	Red beans and turkey Sausage 3 MMA WG Rice 1/2c WBG Collard Greens 1/2c DG Carrot Sticks 1/2c RO LF Ranch Dressing WG Cornbread 2.25 WBG	3/4c 1/2c 1/2c 1/2c 3oz	Turkey Nachos w/ Cheese 3MMA, 1 WBG WG Fiesta Rice Corn 1/2c S Pinto Beans 1/2c L	4oz 1/2c 1/2c 1/2c	Pepperoni pizza 2 MMA, 2 WBG, 1/8 RO (Pepperoni extra) Mixed Vegetables 1/4c S, 1/8c RO, 1/8c O Carrot Sticks and with LF Ranch Dressing	1 each 1/2c 1/2c	Smothered Chicken Thigh 2 MMA WG Rice 1/2c Green Beans 1/2c O Steamed Carrot 1/2c O Hawaiian Roll 1 BG	4oz 1/2c 1/2c 1/2c 1oz	Whole Muscle Chicken Strips 2 MMA, 1 WBG Tater Tots 1/2c S Baked Beans 1/2c L WG Garlic Bread 1 WBG Carrot Sticks and Ranch Mixed Vegetables 1/4c S, 1/8c RO, 1/8c O	3oz 1/2c 1/2c 1oz	

9-12 Lunch 21-Day Cycle Menu

All Meals Served with 1 Cup Variety Fresh Fruit and 1c Milk (2 varieties)

	Chicken Caesar Salad Romaine Lettuce 3/4c DG Chicken Breast 2MMA Parmesan Cheese 1 MMA LF Caesar Dressing WG Croutons 1 WBG Hawaiian Roll 1 BG	1- 1/2c 2oz 1oz 1/2c 1oz	Buffalo Chicken Ranch Wrap Chicken 2 MMA Shredded Mozzarella .5 MMA WBG Tortilla 2 WBG Buffalo Ranch Sauce Celery Sticks 1/c O Corn	1 ea 1/2c 1/2c	Cobb Salad Romaine Lettuce 3/4c DG Turkey Breast 2 MMA Shredded Cheese .5 MMA Boiled Egg Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons .5 WBG Hawaiian Roll 1 BG	1-1/2c 2oz ½ oz 1/2 ¼ c 1oz ¼ c 1oz	Spicy Chicken Patty 2 MMA, 1 WBG HB Bun 2 WBG Catsup, Mayo French Fries 1/2c S Pinto Beans 1/2c L	1 ea	Pepperoni pizza 2 MMA, 2 WBG, 1/8 RO (Pepperoni extra) Mixed Vegetables 1/4c S, 1/8c RO, 1/8c O Carrot Sticks 1/2c RO Low Fat Ranch Dressing	1 each 1/2c 1/2c	
WEEK 4	Yaka Mein 1 MMA, 1 WBG, 1/8c O ½ grill cheese 1 WBG, .5oz MMA Mustard Greens ½ DG Corn ½ S	1 c 1/2c 1/2c	Turkey Tacos 3 MMA, 3WBG Ground Turkey 2MMA Shredded Cheese .5MMA Shredded Romaine 1/4c DG WG Fiesta Rice ½ WBG Salsa 1/8c RO, 1/8c O Pinto Beans 1/2c L Corn 1/2c S	1 serv 2oz .5oz 1/2c 1/2c 1/4c 1/2c 1/2c	Meat Lovers Pizza 3MMA, 2 WBG. 1/8 RO French Fries 1/2c S Broccoli Florets 1/4c DG LF Ranch Dressing Green Beans 1/2c O	1 Sl ½ c 1/4c 1/2c	Herbed Baked Chicken 2oz MMA WG Yellow Rice 1/2c WBG Gravy Carrot Sticks 1/2 RO Ranch Dressing Mixed Vegetables 1/8 RO, ¼ S, 1/8 O Hawaiian Garlic Roll 1 BG	4oz 1/2c 1/4c 1/2c 1/2c 1oz	Shepherds Pie 2 MMA, ¼ S Steamed Cauliflower Florets 1/2c O Carrots ½ c RO Hawaiian Roll 1 BG	2/3c 1/2c 1/2c 1oz 1oz	

9-12 Lunch 21-Day Cycle Menu

All Meals Served with 1 Cup Variety Fresh Fruit and 1c Milk (2 varieties)

	Chili Cheese Dog Turkey Frank 2 MMA Chili Shredded Cheese .5 MMA WG Hot Dog Bun 2 WBG French Fries 1/2c S Corn 1/2c S Catsup	1 ea 2oz .5oz 2oz 1/2c 1/2c	Garden Salad Chopped Egg 2 MMA Cheese .5 MMA Romaine Lettuce ½ DG Shredded Carrots Croutons 1 WBG WG Roll	1 ea 1 ea .5oz 1- 1/2c 1/2c 1/2c 1/2c 1oz	Cheeseburger on Bun 2.5MMA, 2 WBG French Fries 1/2c S Broccoli Florets 1/2c DG LF Ranch Dressing Green Beans 1/2c O	1 each 1/2c 1/2c 1/2c	Cheese Pizza 2 MMA 2 WBG, 1/8 RO Mixed Vegetables 1/4c S, 1/8c O, 1/8c RO Carrot Sticks 1/2c RO LF Ranch dressing	1 each 1/2c 1/2c	Whole Muscle Chicken Strips 2 MMA, 1 WBG Tater Tots 1/2c S Baked Beans 1/2c L Hawaiian Roll 1BG	3oz 1/2c 1/2c 1oz	
WEEK 5	Smothered Pork Chops 2 MMA Gravy Scalloped potatoes Cherry tomatoes Green Beans ½ c O Hawaiian Roll 1 BG	3oz 1/2c 1/4c 1/2c 1/2c 1oz	Turkey Nachos w/ Cheese 3MMA, 1 WBG WG Fiesta Rice 1/2c WBG Corn 1/2c S Pinto Beans 1/2c L	1 Serv 1/2c 1/2c 1/2c	Pepperoni pizza 2 MMA, 2 WBG, 1/8 RO (Pepperoni extra) Mixed Vegetables 1/4c S, 1/8c RO, 1/8c O Celery Sticks 1/2c O LF Ranch Dressing	1 each 1/2c 1/2c	Oven Fried Chicken WG Macaroni and Cheese Steamed Broccoli Carrot Sticks Hawaiian roll	4oz 1/2c 1/2c 1/4c 1oz 1oz			
	Chef's Salad Romaine Lettuce 3/4c DG Turkey Breast 2MMA Shredded Cheese .5 MMA Cucumbers 1/4c O Cherry Tomatoes ¼ c RO LF Ranch Dressing WG Croutons 1 WBG Hawaiian Roll 1 BG	1- 1/2c 2oz ½ oz ¼ c ¼ c 1oz 1/2 c 1oz	Chicken Caesar Salad Romaine Lettuce 3/4c DG Chicken Breast 2MMA Parmesan Cheese 1 MMA LF Caesar Dressing WG Croutons 1 WBG Hawaiian Roll 1 BG	1-1/2 c 2oz 1oz 1oz 1oz	Buffalo Chicken Ranch Wrap Chicken 2 MMA Shredded Mozzarella .5 MMA WBG Tortilla 2 WBG Buffalo Ranch Sauce Celery Sticks 1/2c O Corn 1/2c S	1 ea 1/2c 1/2c	Cheese Pizza 2 MMA 2 WBG 1/8 RO Steamed Broccoli Carrot Sticks 1/2c RO LF Ranch dressing	1 each 1/2c 1/2c 1oz			

This page intentionally left blank.

