

**School Menu-Cristo Rey**  
**Week #1**  
**2019-20**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Orange-Pineapple Juice 100% ½ c.</p> <p>Fresh Whole Apple (#138) = (1c) Fruit apple</p> <p>Assorted Cereal: 1 c. (flakes) = 1 oz. eq.</p> <p>4 oz. Yogurt = 1 M/MA Credit 1 oz. grain eq. Low Fat banana/Strawberry</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Juice-Grape 100 % - ½ c.</p> <p>Fresh Fruit: Tropical Fruit Salad (1/2 c)</p> <p>2 oz. WGR Apple Muffin = 1 oz eq. grain</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Orange Juice 100%- ½ c. Fresh Fruit: 1 regular Banana - ½ c.</p> <p>WW Blueberry Bagel with Margarine = 2 oz. eq. gr.</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Orange/Pineapple Juice 100 % - ½ c.</p> <p>Apple Sauce ½ c.</p> <p>2.6 oz. WGR Peanut Butter &amp; Jelly(grape) Sandwich. Crust-less = 1 oz. gr. = 1 oz. M/MA</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Apple Juice 100 % - ½ c. Fresh Fruit: Orange Mandarin ½ c.</p> <p>2 oz. Blueberry Muffin = 1 oz. eq. gr.</p> <p>Assorted Cereal: 1 c. (flakes) = 1 oz. eq.</p>
<p>Cheeseburger CN Label 2 oz. M/MA</p> <p>American Cheese 1 sl. Per (side-optional)</p> <p>WGR Bun 2oz.</p> <p>Garlic Potato ½ c.</p> <p>Sheered Lettuce (bulk) ½ c. = ¼ c.</p> <p>Sliced Tomatoes (bulk) ¼ c.</p> <p>Fruit Cup: Mandarin-Orange ½ c x 2</p> <p>1 pk. Mustard (5gm) 1 pk. Catsup (9gm)</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk 4 oz. Milk at the School</p>	<p>Chicken Fajita-(USDA D-40) 1 each- (USDA D-40- 1 fajita = 3 oz. eq. M/MA) ½ c = 1 oz. Brown Rice 1 oz. WGR Tortilla Chips-Bulk 10 Count = (1 oz. eq. grain)</p> <p>½ c. Black Beans ½ c. Peppers/onions-from Fajita Salsa and Sour Cream. (optional)</p> <p>Fruit Cup: Sliced Peaches-light syrup ½ c x 2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>Meatballs 5 ½ oz. serving =2 oz. Protein-CN label</p> <p>WGR Spaghetti 1/2 C. =1 oz grain eq.</p> <p>1 pc. Garlic Bread = 1 oz g/b</p> <p>Tomato Sauce ½ c.</p> <p>Healthy Seasoned Carrots Coin ½ c.</p> <p>Fruit Cup: Tropical Fruit Salad ½ c. x 2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>BBQ Chicken Breast 1 Pc. = 3 oz. eq. M/MA) (USDA D-11)</p> <p>Wild Rice ½ c. 1 oz grain eq.</p> <p>WGR Roll 1 oz. (1G/B) Trans Fat free Margarine 5g.</p> <p>Al dente Broccoli Florets ½ c.</p> <p>Cucumber coins//Celery Stick ½ c. Dressing on the side Fat Free Dressing 1 pkg. (9gm)</p> <p>Fruit Cup: Sliced Apples ½ c. x 2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>Spanish Rice with Beef &amp; Turkey 1 c. serving = 2 oz. M/MA</p> <p>Rice = 2 oz. G/B</p> <p>Vegetables from Entrée ½ c.</p> <p>Cucumber-Peppers-Tomato ½ c. Dressing on the side</p> <p>Fruit Cup: Pineapples Chunks ½ c. x 2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>

**School Menu-Cristo Rey**  
**Week #2**  
**2019-20**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Fresh Whole Apple (#138) = (1c) Fruit apple</p> <p>Assorted Cereal: 1 c. (flakes) = 1 oz. eq.</p> <p>4 oz. Yogurt = 1 M/MA Credit 1 oz. grain eq. Low Fat banana/Strawberry</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Juice-Grape 100 % - ½ c.</p> <p>Fresh Fruit: Tropical Fruit Salad (1/2 c)</p> <p>2 oz. WR Apple Muffin = 1 oz eq. grain</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Orange Juice 100%- ½ c.</p> <p>Fresh Fruit: 1 regular Banana - ½ c.</p> <p>Blueberry Bagel with Margarine = 2 oz. eq. gr.</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Orange/Pineapple Juice 100 % - ½ c.</p> <p>Apple Sauce ½ c.</p> <p>2.6 oz. WGR Peanut Butter &amp; Jelly(grape) Sandwich. Crust-less = 1 oz. gr. = 1 oz. M/MA</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Apple Juice 100 % - ½ c.</p> <p>Fresh Fruit: Orange Mandarin ½ c.</p> <p>2 oz. Blueberry Muffin = 1 oz. eq. gr.</p> <p>Assorted Cereal: 1 c. (flakes) = 1 oz. eq.</p>
<i>Balanced Hot Lunch</i>	<i>Balanced Hot Lunch</i>	<i>Balanced Hot Lunch</i>	<i>Balanced Hot Lunch</i>	<i>Balanced Hot Lunch</i>
<p>Chicken Breast Oven Baked Sandwich 1 pc. 3. oz. cooked each.</p> <p>WGR Bread 2oz.</p> <p>Vegetarian Baked Beans ¾ c. = ½ c.</p> <p>Celery Sticks ½ c.</p> <p>1 pk. FF Dressing</p> <p>Mandarins/Oranges ½ c. x 2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>3 oz. Chopped steak CN Label = 2 oz. M/MA</p> <p>Brown Rice Pilaf ½ c</p> <p>Broccoli Florets ½ c.</p> <p>Diced Carrots ½ c.</p> <p>1 WGR Roll</p> <p>1 pk. Margarine</p> <p>Tropical fruit Salad ½ c. x2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>4 oz. Corn Dog (chicken) CN Label</p> <p>Yellow Corn ½ c.</p> <p>Carrot Sticks ½ c.</p> <p>Ranch FF dressing on the side</p> <p>1 pk Mustard</p> <p>Apple Sauce ½ c. x2 NO Cinnamon</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>Spaghetti with Meat Sauce USDA- D-35 1 c. Meat sauce = 2 oz. eq. M/MA</p> <p>Whole wheat Pasta ½ c.</p> <p>1 pc. Garlic 1 oz.</p> <p>Steamed Green Beans 3/8 c.</p> <p>Green salad Mix ½ c. = ¼ c. 1 pk. FF Dressing</p> <p>Sauce = 3/8 c.</p> <p>Diced Peaches ½ c. x2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>1 c. Beef Stir Fry =2 M/MA</p> <p>Brown Rice ½ c. = 1 oz.</p> <p>Mix Romaine ¼ c. = 1/8 c. 1 pk. FF Dressing</p> <p>1 Vegetable eggroll = 1/2 c.</p> <p>Stir Fry Vegetable 3/8 c.</p> <p>Pineapple Tidbits ½ c. x2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>

**School Menu-Cristo Rey**

**Week #3**

**2019-20**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Fresh Whole Apple (#138) = (1c) Fruit apple</p> <p>Assorted Cereal: 1 c. (flakes) = 1 oz. eq.</p> <p>4 oz. Yogurt = 1 M/MA Credit 1 oz. grain eq. Low Fat banana/Strawberry</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Juice-Grape 100 % - ½ c.</p> <p>Fresh Fruit: Tropical Fruit Salad (1/2 c)</p> <p>2 oz. WR Apple Muffin = 1 oz eq. grain</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Orange Juice 100%- ½ c.</p> <p>Fresh Fruit: 1 regular Banana - ½ c.</p> <p>Blueberry Bagel with Margarine = 2 oz. eq. gr.</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Orange/Pineapple Juice 100 % - ½ c.</p> <p>Apple Sauce ½ c.</p> <p>2.6 oz. WGR <i>Peanut Butter &amp; Jelly(grape)</i> <i>Sandwich. Crust-less</i> = 1 oz. gr. = 1 oz. M/MA</p>	<p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p> <p>Apple Juice 100 % - ½ c.</p> <p>Fresh Fruit: Orange Mandarin ½ c.</p> <p>2 oz. Blueberry Muffin = 1 oz. eq. gr.</p> <p>Assorted Cereal: 1 c. (flakes) = 1 oz. eq.</p>
<p>Salisbury Steak Oven Baked CN Label 2 oz. M/MA</p> <p>Gravy-low sodium 1/8 c.</p> <p>2 slices WGR Bread 2 oz.</p> <p>Scalloped Potato- ½ c. Green Beans ½ c.</p> <p>Margarine 1 pk.</p> <p>Sliced Peaches ½ c. x 2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>1 Beef &amp; Cheese Burrito CN label 2 oz. M/MA 2 oz. WRG (wrap)</p> <p>Baked Beans (vegetarian) ¾ c. = ½ c.</p> <p>Yellow corn ½ c.</p> <p>Mandarin Oranges ½ c. x2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>Oven Grilled Chicken Breast Sandwich 1 each = 3 oz. M/MA</p> <p>Whole wheat Bun 2 oz.</p> <p>Green Peas ½ c.</p> <p>Carrot Stick ½ c.</p> <p>Orange Gelatin with fruit ½ c. (2 oz. fruit) x2</p> <p>1 each- Ketchup &amp; Mustard</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>Beef-Turkey O-Roni. 1 c. serving 2 oz. M/MA</p> <p>W.W. Pasta = (1 G/B) 1 each Garlic Bread 1 oz.</p> <p>Vegetables from entrée ½ c.</p> <p>Broccoli Florets ½ c.</p> <p>Pineapple Chunks ½ c. x2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>	<p>Garden Salad with: 1 each Chicken Breast 3 oz. M/MA</p> <p>2 each WGR Breadstick 2 oz.</p> <p>Mixed Green Romaine- Spinach 1c = ½ c. (Bulk)</p> <p>¼ c. Diced Tomatoes-Bulk ¼ c. Cucumber-Pepper Bulk</p> <p>FF dressing</p> <p>Tropical Fruit Salad ½ c. x2</p> <p>Milk: 8 oz. 1% low-fat Alt: 8 oz. Skim milk</p>

**School Menu – Cristo Rey**  
**Week #4**  
**2019-20**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk: 8 oz. 1% low-fat  Alt: 8 oz. Skim milk</p> <p>Fresh Whole Apple (#138)  = (1c) Fruit apple</p> <p>Assorted Cereal:  1 c. (flakes) = 1 oz. eq.</p> <p>4 oz. Yogurt = 1 M/MA  Credit 1 oz. grain eq.  Low Fat banana/Strawberry</p>	<p>Milk: 8 oz. 1% low-fat  Alt: 8 oz. Skim milk</p> <p>Juice-Grape 100 % - ½ c.</p> <p>Fresh Fruit:  Tropical Fruit Salad (1/2 c)</p> <p>2 oz. WGR Apple Muffin  = 1 oz eq. grain</p>	<p>Milk: 8 oz. 1% low-fat  Alt: 8 oz. Skim milk</p> <p>Orange Juice 100%- ½ c.</p> <p>Fresh Fruit:  1 regular Banana - ½ c.</p> <p>Blueberry Bagel with  Margarine  = 2 oz. eq. gr.</p>	<p>Milk: 8 oz. 1% low-fat  Alt: 8 oz. Skim milk</p> <p>Orange/Pineapple Juice  100 % - ½ c.</p> <p>Apple Sauce ½ c.</p> <p>2.6 oz. WGR  Peanut Butter &amp; Jelly(grape)  Sandwich. Crust-less  = 1 oz. gr. = 1 oz. M/MA</p>	<p>Milk: 8 oz. 1% low-fat  Alt: 8 oz. Skim milk</p> <p>Apple Juice 100 % - ½ c.</p> <p>Fresh Fruit:  Orange Mandarin ½ c.</p> <p>2 oz. Blueberry Muffin  = 1 oz. eq. gr.</p> <p>Assorted Cereal:  1 c. (flakes) = 1 oz. eq.</p>
<i>Balanced Hot Lunch</i>	<i>Balanced Hot Lunch</i>	<i>Balanced Hot Lunch</i>	<i>Balanced Hot Lunch</i>	<i>Balanced Hot Lunch</i>
<p>All Beef Hamburger  CN Label  2 oz. cooked Meat  Catsup &amp; Mustard</p> <p>2 oz. WGR Hamburger Bun</p> <p>Scalloped Potato ½ c.</p> <p>Lettuce Sheered ½ c. = ¼ c.  Tomato Sliced ¼ c. .</p> <p>Orange Mandarin ½ c x2</p> <p>Milk:  1% Low fat milk 1 c.  Alt: 8 oz. Skim milk</p>	<p>Roasted Chicken-Mojo Style  Cooked (Breast 2 oz. M/MA)</p> <p>Wild Rice ½ c.</p> <p>Black Beans ½ c  Healthy seasoned  Carrots Coin ½ c.</p> <p>WGR Roll 1 oz.</p> <p>Sliced Apples ½ c. x2</p> <p>Milk:  1% Low fat milk 1 c.  Alt: 8 oz. Skim milk</p>	<p>Chili Con Carne USDA-D-20  With Beans  ½ c (4 oz. ladle) = 2oz. M/MA</p> <p>3/8 c R/O Vegetables (Chili)</p> <p>Seasoned Brown Rice ½ c.</p> <p>Al dente Broccoli Florets 3/8 c.</p> <p>Nacho Chips 1 oz.</p> <p>Apple Sauce ½ c.  No cinnamon</p> <p>Milk: 8 oz. 1% low-fat  Alt: 8 oz. Skim milk</p>	<p>Grilled Turkey (Hot Dog)  1 each (no onions)  2oz. M/MA</p> <p>WGR Hot Dog bun = 2 oz.</p> <p>Baked sweet Potato 3/8 c.</p> <p>Cucumber Coins 3/8 c.  FF dressing 1 pkg.</p> <p>Mix Fruit Salad ½ cup</p> <p>Catsup-Mustard 1 pk. each</p> <p>Milk:  1% Low fat milk 1 c.  Alt: 8 oz. Skim milk</p>	<p>3 Chicken Tenders.  2 oz. M/MA  BBQ sauce Pkg</p> <p>Green Beans ½ c.</p> <p>1 Breadstick 1 oz.</p> <p>Grain From nuggets 1 oz.</p> <p>Mixed Spinach/Romaine  Salad 1 c. = ½ c.  FF dressing 1 pk.</p> <p>½ c. Pineapples tidbits</p> <p>Milk: 8 oz. 1% low-fat  Alt: 8 oz. Skim milk</p>