

## CORRECTIVE MENU

This menu shows edits to improve its Balanced Meal Score from a "B" to an "A"

Mon	Tues	Wed	Thurs	Fri
<p>Bean or <b>steamed</b> <b>grilled</b> (3 oz.) burger^ on WG bun, w/ or w/o lettuce and tomato</p> <p>Mixed veggie &amp; hummus WG wrap</p> <p>-Baked potato wedges -Steamed broccoli -Fresh apple slices</p>	<p>WG veggie pizza^ w/ or w/o mozzarella</p> <p><b>Chicken</b> (2 oz.) and veggie soup with WG breadstick</p> <p>-Mixed bean salad -Roasted cauliflower -Fresh orange slices</p>	<p>WG pasta with veggie marinara^</p> <p><b>Chicken</b> (2 oz.) &amp; mixed veggie burrito^ on WG tortillas w/ brown spanish rice</p> <p>-Herbed white beans -Sauteed asparagus -Fresh banana</p>	<p>Poached <b>fish</b> (3 oz.) tacos on WG tortilla w/ lettuce and red salsa</p> <p>Butternut squash soup with WG roll</p> <p>-Baked sweet potato fries -Caramelized onions -Fresh melon</p>	<p>WG blueberry pancakes* with scrambled eggs*</p> <p>Southwestern veggie tofu scramble with WG roll</p> <p>-Baked beans -Greek tomatoes -Fresh orange slices</p>
<p>Braised <b>roasted</b> <b>chicken</b> (2 oz.), with cabbage, and carrot stew</p> <p>WG pasta salad with tomato, onion, olives, &amp; chickpeas</p> <p>-Cooked spinach -Baked fries -Fresh grapes</p>	<p><b>Chicken</b> (2 oz.) and spinach enchiladas^ with brown spanish rice</p> <p>WG pasta with veggie marinara^</p> <p>-Pinto beans -Steamed cauliflower &amp; carrot -Fresh apple</p>	<p>Tofu &amp; mixed veggie stir-fry w/ brown rice</p> <p>Bean &amp; squash burrito^ on WG tortillas w/ brown spanish rice</p> <p>-Beet salad -Greek tomatoes -Fresh pineapple</p>	<p>Bean or steamed (3 oz.) <b>turkey</b> burger^ on WG bun w/ lettuce and tomato</p> <p>Tomato soup with WG breadstick</p> <p>-Herbed white beans -Baked sweet potato fries -Fresh banana</p>	<p><b>Shrimp</b> <b>Sausage</b> (2 oz.) &amp; brown rice jambalaya w/ cornbread*</p> <p>WG veggie pizza^ w/ or w/o mozzarella</p> <p>-Baked potato -Steamed broccoli -Fresh grapes</p>
<p><b>Bean</b> <b>ground</b> <b>pork</b> (2 oz.) chili^ with WG cornbread*</p> <p>Southwestern veggie tofu scramble with WG roll</p> <p>-Sauteed squash -Baked french fries -Fresh oranges</p>	<p>Braised <b>chicken</b> (2 oz.) and brown rice jambalaya, WG cornbread*</p> <p>WG veggie pizza^ w/ or w/o mozzarella</p> <p>-Baked beans -Baked sweet potato fries -Fresh apple</p>	<p>Tofu &amp; mixed veggie stir-fry w/ brown rice</p> <p><b>Chicken</b> (2 oz.) and veggie soup with WG breadstick</p> <p>-Glazed carrots -Baked potato wedges -Fresh banana</p>	<p>Spinach &amp; basil pesto WG pasta</p> <p>Bean &amp; squash burrito^ on WG tortillas w/ brown spanish rice</p> <p>-Herbed white beans -Sauteed green beans -Fresh apple</p>	<p>Poached <b>grilled</b> <b>chicken</b> (2 oz.) and spinach enchiladas^ with brown spanish rice</p> <p>WG blueberry pancakes* with scrambled eggs*</p> <p>-Pinto bean puree -Roasted cauliflower -Fresh strawberries</p>
<p>Bean or steamed (3 oz.) burger^ on WG bun w/ lettuce and tomato</p> <p>Mixed veggie &amp; hummus WG wrap</p> <p>-Baked sweet potato fries -Mixed bean salad -Fresh apple</p>	<p>Tofu &amp; mixed veggie stir-fry w/ brown rice</p> <p>Braised <b>turkey</b> (2 oz.) veggie soup with kale and WG breadstick</p> <p>-Glazed carrots -Roasted broccoli -Fresh oranges</p>	<p>WG veggie pizza^ w/ or w/o mozzarella</p> <p>Butternut squash soup with WG roll</p> <p>-Lentil salad -Sauteed green beans -Fresh banana</p>	<p><b>Shrimp</b> (2 oz.) &amp; brown rice jambalaya w/ WG cornbread*</p> <p>WG pasta salad with tomato, onion, olives, &amp; chickpeas</p> <p>-Collard greens, onions -Herbed roasted potatoes -Fresh grapes</p>	<p>WG veggie and <b>chicken</b> (2 oz.) lasagna^</p> <p>Southwestern veggie tofu scramble with WG roll</p> <p>-Beet salad -Skillet potatoes -Fresh apple</p>

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WG = whole grain

\* = contains egg

^ = dairy optional

Ounces of meats are per serving

## OFFERED DAILY

Milk options: fat-free, 1%, soy

Side salad: mixed greens, red onion, tomato, shredded carrot, & almonds with choice of dressing

Smoothie^: banana-mango-kale or strawberry-banana, with or without fat-free yogurt

Deli:

- Made-to-order WG wraps or sandwiches with choice of greens (romaine, spinach); proteins (hummus, black beans, boiled egg); and veggies (tomato, onion, cooked squash, cooked eggplant, cooked bell pepper).
- Made-to-order salads with choice of greens (spring mix, spinach, romaine), proteins (edamame, black bean, chickpeas, boiled egg), nuts/seeds (sliced almonds, walnuts), vegetables (broccoli, carrot, onion, tomato), and fruit (apple, raisins).