

Secondary 2018-2019 ROTATION GUIDE FOR LUNCH

1st, 3rd and 5th weeks

9/18/2018

ALL FRUITS AND VEGES MUST = 1/2 CUP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Raisels	Fresh Fruit	Peaches	Craisens	Fresh Fruit (no apples)
Orange juice	Pears	Apple-berry juice	Frz. Straw Cups	Apple juice
	BBQ Beans	cucumbers	grape tomatoes	asst. rings
carroteenies	Vege Juice	jicama	Vege Juice	carroteenies
salad cup	salad cup	salad cup	salad cup	salad cup

WEEKLY KEY

red or orange-3	starchy-1	other vege-2	dark green-1	beans or peas-1
		add'l. vege-3		

2nd and 4th weeks

ALL FRUITS AND VEGES MUST = 1/2 CUP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple Sauce	Pineapple	Fresh Fruit	Mandarin Oranges	Fresh Fruit (no apples)
Orange juice	Frz. Straw Cups	Apple-berry juice	Raisels	Apple juice
	vege juice	BBQ Beans	vege juice	swt. potato sticks
carroteenies	BBQ Beans	grape tomatoes	carroteenies	corn
salad cup	salad cup	salad cup	salad cup	salad cup

WEEKLY KEY

red or orange-3	starchy-1	other vege-2	dark green-1	beans or peas-1
		add'l. vege-3		

NOTES:

1. You **MUST NOT** run out of any items
2. ALL components **MUST** be 1/2 cup
3. You **MUST** follow rotation exactly
4. Fresh fruit and juice **MUST** be a different fruit
5. **SALAD CUPS:** must follow mixture from recipe

Lettuce items 1 cup = 1/2 cup serving

REMINDERS:

1. Students **MUST** take at least one 1/2 cup serving to = reimbursable lunch
2. If student does not take entrée: They **MUST** take 2 fruits **AND** 2 vegetables