

# Elementary 2018-2019 ROTATION GUIDE FOR SALAD BAR

9/18/2018

## 1st ,3rd and 5th weeks

Recipe # S 1	Recipe # S 2	Recipe # S 3	Recipe # S 4	Recipe # S 5
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) 1/2 salad mix	(2) 1/2 salad mix	(2) 1/2 salad mix	(2) 1/2 salad mix	(2) 1/2 salad mix
1/2 baby carrots	1/2 BBQ Beans	1/2 broccoli	1/2 grape tomatoes	1/2 asst. pepper rings
1/2 corn	1/2 jicama sticks	1/2 sliced cucumbers	1/2 yellow sq. coins	1/2 frozen peas
1/2 raisins/raisels	1/2 craisins	1/2 grape tomatoes	1/2 pasta salad	1/2 jicama sticks
1/2 blueberries	1/2*daily choice	1/2*daily choice	1/2*daily choice	1/2*daily choice
(2) 1/2 pears	(2) 1/2 sliced apples	(2) 1/2 fresh fruit	(2) 1/2 fresh fruit	(2) 1/2 mixed fruit
(2) 1/2 applesauce	(2) 1/2 peaches	(2) 1/2 pineapple	(2)1/2 frz. Strawberries	(2) 1/2 mandarin oranges
WINDOW COMPONENTS			everything MUST be 1/2 cup	
applesauce	peaches	fresh fruit	fresh fruit	mandarin oranges
raisins/raisels	apple-berry juice	pineapple	orange juice	mixed fruit
carroteenies	BBQ Beans	cucumbers	grape tomatoes	vege juice
corn	jicama sticks	broccoli	squash coins	Frz. Peas

## 2nd and 4th weeks

Recipe # S 6	Recipe # S 7	Recipe # S 8	Recipe # S 9	Recipe # S 10
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) 1/2 salad mix	(2) 1/2 salad mix	(2) 1/2 salad mix	(2) 1/2 salad mix	(2) 1/2 salad mix
1/2 zucchini sticks	1/2 broccoli	1/2 Frozen peas	1/2 baby carrots	1/2 sliced cucumbers
1/2 raisins	1/2 swt. potato sticks	1/2 BBQ beans	1/2 corn	1/2 jicama sticks
1/2 green beans	1/2 grape tomatoes	1/2 yogurt fruit dip	1/2 pasta salad	1/2 craisins
1/2*daily choice	1/2*daily choice	1/2*daily choice	1/2*daily choice	1/2*daily choice
(2) 1/2 frz. Strawberries	(2) 1/2 fresh fruit	(2) 1/2 sliced apples	(2) 1/2 fresh fruit	(2) 1/2 fresh fruit
(2) 1/2 pineapple	(2) 1/2 applesauce	(2) 1/2 pears	(2)1/2 blueberries	(2) 1/2 peaches
WINDOW COMPONENTS			everything MUST be 1/2 cup	
pineapple	applesauce	apple slices	fresh fruit (no apples)	fresh fruit
raisins/raisels	fresh fruit	orange juice	apple juice	peaches
zucchini sticks	swt. potato sticks	Vege Daily Choice	carroteenies	jicama
Green beans	broccoli	BBQ beans	corn	cucumbers

## WEEKLY KEY

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

**No entrée taken ?????? They MUST take ALL 4 window components in addition to milk**

**\*daily choice** is whatever condiments would go with the entrees, or additional salad toppings

1. You **MUST NOT** run out of window components
2. **ALL** four **MUST** be offered
3. **DRAIN** canned items for the salad bar **ONLY**
4. **APPLES:** Use **BULK** sliced apples on the salad bar