



SCHOOL FOODSERVICE

Two Week Cycle Menu featuring LAND O LAKES® Products

Items highlighted in red feature a LAND O LAKES® product or a LAND O LAKES® recipe.

Grades K -6

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Average*
<p>Entrée (choose one)</p> <ul style="list-style-type: none"> LAND O LAKES® Reduced Sodium Reduced Fat Macaroni and Cheese served w/peas and carrots Turkey sandwich on whole grain roll w/lettuce and tomato slice Yogurt and mixed fruit plate with low salt whole grain crackers 	<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Southwest Chicken Wrap served with LAND O LAKES® Light Sour Cream and salsa Baked potato with broccoli and LAND O LAKES® Reduced Sodium Reduced Fat Shredded Cheese and LAND O LAKES® Light Sour Cream Peanut butter and jelly sandwich on whole grain bread with fruit and nut trail mix 	<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Veggie sandwich on light wheat bread made with LAND O LAKES® Reduced Sodium Reduced Fat American Slices served w/baked tortilla chips Multi grain penne pasta with meat sauce and garlic toast Yogurt and mixed fruit plate with low salt whole grain crackers 	<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Greek Turkey Burger on Pita bread served with tabouleh Vegetarian Chili served with LAND O LAKES® Reduced Fat Cheddar Cheese stick Peanut butter and jelly sandwich on whole grain bread with fruit and nut trail mix 	<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Chicken Pot Pie with cornbread Deli Sandwich made with LAND O LAKES® Reduced Sodium Reduced Fat Sliced American cheese Yogurt and mixed fruit plate with low salt whole grain crackers 	<p>Calories 638 Cholesterol 54mg Sodium 761mg Fiber 9g Calcium 542mg Vitamin A 4328 IU Vitamin C 35mg Protein 31g Carbohydrate 81g Total Fat 18g 26% Saturated Fat 6g 8% Trans Fat 0.1g 0%</p>
<p>Sides (choose two)</p> <ul style="list-style-type: none"> Fresh fruit choice Mixed greens salad with reduced fat dressing Soft wheat bread stick Oatmeal raisin cookie 	<p>Sides (choose two)</p> <ul style="list-style-type: none"> Whole kernel corn Carrot sticks with jicama Warm cinnamon apple slices Whole wheat roll 	<p>Sides (choose two)</p> <ul style="list-style-type: none"> Spicy hummus Fresh fruit cup Mixed greens salad with reduced fat dressing Peaches in light syrup 	<p>Sides (choose two)</p> <ul style="list-style-type: none"> Baked wedge cut potatoes Carrot and celery sticks with reduced fat vegetable dip Fresh fruit choice Wheat Crackers 	<p>Sides (choose two)</p> <ul style="list-style-type: none"> Baked sweet potato fries Green beans Fresh fruit choice Frozen fruit bar 	
<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	

*Nutritional Analysis completed with NutriKids®



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WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Average*
<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Grilled Herb and Cheese Sandwich made with LAND O LAKES® Reduced Sodium Reduced Fat American Cheese Slices served with Vegetable Soup Roast Turkey Bowl with dressing and glazed sweet potatoes Peanut butter and jelly sandwich on whole grain bread with fruit and nut trail mix 	<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Hamburger on wheat bun served with lettuce and tomato slice Baked Chicken Fingers with honey mustard sauce & spicy rice Yogurt and mixed fruit plate with low salt whole grain crackers 	<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Vegetable Pizza made with LAND O LAKES® shredded Mozzarella cheese Sub sandwich made with LAND O LAKES® Reduced Sodium Reduced Fat American Cheese Slices Peanut butter and jelly sandwich on whole grain bread with fruit and nut trail mix 	<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Southwestern Sizzle Chicken Quesadilla served with refried beans and LAND O LAKES® Light Sour Cream LAND O LAKES® Reduced Sodium Reduced Fat Macaroni and Cheese served with green beans Yogurt and mixed fruit plate with low salt whole grain crackers 	<p>Entrée (choose one)</p> <ul style="list-style-type: none"> Piñata Wrap Turkey Sandwich Chef salad with grilled chicken and wheat roll Peanut butter and jelly sandwich on whole grain bread with fruit and nut trail mix 	<p>Calories 670 Cholesterol 67mg Sodium 782mg Fiber 8g Calcium 535mg Vitamin A 5169 IU Vitamin C 26mg Protein 31g Carbohydrate 85g Total Fat 19g 27% Saturated Fat 6g 9% Trans Fat 0.05g 0%</p>
<p>Sides (choose two)</p> <ul style="list-style-type: none"> Baby Carrots and cucumber sticks with reduced fat dip Green peas Fresh fruit chunks Applesauce cake 	<p>Sides (choose two)</p> <ul style="list-style-type: none"> Mixed Green salad with spinach & reduced fat dressing Sliced peaches Broccoli and cauliflower served with LAND O LAKES® Reduced Sodium Cheese Sauce Banana 	<p>Sides (choose two)</p> <ul style="list-style-type: none"> Romaine Salad with grape tomatoes/carrots & reduced fat dressing Coleslaw with pineapple Fresh Grapes Garlic Toast 	<p>Sides (choose two)</p> <ul style="list-style-type: none"> Green and red apple wedges with caramel dip Black Bean and corn salad Wheat Roll Orange Slices 	<p>Sides (choose two)</p> <ul style="list-style-type: none"> Broccoli Salad Fresh Fruit Choice Wheat crackers Sliced pears in light syrup 	<p>Grilled Herb and Cheese Sandwich</p>
<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	<p>Choice of</p> <ul style="list-style-type: none"> LAND O LAKES® Skim or Low Fat Milk 	

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Grab 'N Go Breakfast Cycle Menu featuring LAND O LAKES® Products

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Grades K -6

Day 1	Day 2	Day 3	Day 4	Day 5	Nutritional Average*
<ul style="list-style-type: none"> • LAND O LAKES® Reduced Fat Cheddar Cheese Stick* • Cinnamon Raisin Mini Bagels with cream cheese • Whole Grain Cereal Variety • Fresh Apple wedges or 100% juice • LAND O LAKES® Skim or Low Fat Milk 	<ul style="list-style-type: none"> • Cheesy Breakfast Calzone* • 100% Fruit Juice or whole banana • Whole Grain Cereal Variety • LAND O LAKES® Skim or Low Fat Milk 	<ul style="list-style-type: none"> • LAND O LAKES® Cinnamon Apple Cheesy Breakfast Sandwich * • Fresh Fruit Choice or 100% juice • Oatmeal with raisins and brown sugar • LAND O LAKES® Skim or Low Fat Milk 	<ul style="list-style-type: none"> • LAND O LAKES® Mozzarella String Cheese* • Fresh Fruit Cup or 100% juice • Whole Grain Cereal Variety • Small whole wheat Cinnamon Rolls • LAND O LAKES® Skim or Low Fat Milk 	<ul style="list-style-type: none"> • Breakfast Bagel Sandwich* • Orange and grapefruit slices or 100% juice • Whole Grain Cereal Variety • LAND O LAKES® Skim or Low Fat Milk 	<p>Calories 533 Cholesterol 88mg Sodium 727mg Fiber 5.6g Calcium 597mg Vitamin A 1565 IU Vitamin C 30mg Protein 23g Carbohydrate 81g Total Fat 13.5g 23% Saturated Fat 5.3g 9% Trans Fat 0.1g 0%</p>

Preparation/Serving Tips:

- Have hot sandwiches pre-wrapped for "Grab N Go"
- Serve whole grain dry cereals in bowl packs or hot cereal in cup with lid
- Juice and fruit in pre-sealed containers

Cheesy Breakfast Calzone* Hot sandwich made with pizza dough, scrambled eggs, and LAND O LAKES® Reduced Sodium, Reduced Fat Cheese shreds.

Cinnamon Apple Cheesy Breakfast Sandwich* Oven baked cinnamon bread sandwich with LAND O LAKES® Reduced Sodium, Reduced Fat American cheese and a spiced apple mixture.

Breakfast Bagel Sandwich* Scrambled Eggs and LAND O LAKES® Reduced Sodium, Reduced Fat American cheese on a warmed whole grain bagel.

Cinnamon Apple Cheesy Breakfast Sandwich



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