



Three Week Cycle Menu *featuring LAND O LAKES® Products*

Enhanced food based menu/ Grades K -6; Analysis completed with NutriKids 6.0

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Average
LAND O LAKES® Reduced Fat Macaroni and Cheese Green Beans Assorted fresh fruit choice Chocolate chip cookie LAND O LAKES® Skim Milk	Turkey gravy with Mashed Potatoes Mixed vegetables Wheat Roll Fresh Fruit cup LAND O LAKES® Skim Milk	Southwestern Sizzle Quesadilla Lettuce/tomatoes LAND O LAKES® Light Sour Cream Salsa Pinto beans and rice Cinnamon Applesauce LAND O LAKES® Skim Milk	Cheeseburger on a Whole wheat bun Potato wedges Carrot and celery strips w/cherry tomato and reduced fat Ranch dressing Gelatin with fruit LAND O LAKES® Skim Milk	Vegetarian Chili LAND O LAKES® Reduced Fat Cheddar Cheese Portion Wheat Roll Baby Carrots Yogurt Cup LAND O LAKES® Skim Milk	Calories 680 Cholesterol 56 mg Sodium 1239 mg Iron 4.56 mg Calcium 599.03 mg Vitamin A 1003 RE Vitamin C 37.40 mg Total Fat 23.29% Saturated Fat 8.52%

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Average
Chicken Nuggets with BBQ sauce Baked Sweet Potato Fries Green apple and cabbage salad Corn Muffin LAND O LAKES® Skim Milk	Spaghetti Pie French Bread Mixed Green salad with spinach Lite French Dressing Sliced peaches LAND O LAKES® Skim Milk	Taco Tater Lettuce/tomatoes/ black olives Baked Tortilla chips Fresh Grapes Rice Krispie® Treat LAND O LAKES® Skim Milk	Turkey Wrap Sandwich Pasta Salad with Broccoli and carrots Pineapple Chunks LAND O LAKES® Skim Milk	Baja Baked Fajita Black beans & Rice Lettuce/tomatoes /salsa Fresh fruit Choice LAND O LAKES® Skim Milk	Calories 707 Cholesterol 65 mg Sodium 1269 mg Iron 4.73 mg Calcium 581.426 mg Vitamin A 771 RE Vitamin C 47.93 mg Total Fat 26.11% Saturated Fat 8.96 %

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Average
Pepperoni Pizza Bread Stick Corn Apple Slices with caramel sauce LAND O LAKES® Skim Milk	Southwestern Chicken Potato Wedges Salsa LAND O LAKES® Light Sour Cream Wheat Roll Peas and Carrots Pear Slices LAND O LAKES® Skim Milk	Garlic Cheese Bread With Marinara Dunking Sauce Mixed Green salad with Mandarin Oranges Pineapple Chunks Royal Brownie LAND O LAKES® Skim Milk	Sloppy Joe on a Whole wheat bun Carrot and celery sticks Small soft Pretzel LAND O LAKES® Ultimate Cheddar™ Cheese Cup Frozen Fruit Bar LAND O LAKES® Skim Milk	Enchilada Cheese Roll Bake Lettuce/tomatoes/ Salsa LAND O LAKES® Light Sour Cream Cilantro Rice Orange Wedges LAND O LAKES® Skim Milk	Calories 692 Cholesterol 47 mg Sodium 1244 mg Iron 4.58 mg Calcium 624.73 mg Vitamin A 529 RE Vitamin C 48.91 Total Fat 23.80% Saturated Fat 9.98%

Week 1

Menu items highlighted in red feature a LAND O LAKES® product or a LAND O LAKES® product used in a recipe.

LAND O LAKES® Reduced Fat Macaroni and Cheese is a fully prepared heat and serve item. Serving size is 6 ounces.

Turkey Gravy from USDA recipe file

Southwestern Sizzle Quesadilla is made with LAND O LAKES® Reduced Fat Shredded American Cheese and USDA commodity chicken. Recipe developed for Land O'Lakes School Foodservice web site.

Cheeseburger made with LAND O LAKES® Reduced Fat Sliced American Cheese.

Vegetarian Chili from SNA recipe file.

Week 2

Menu items highlighted in red feature a LAND O LAKES® product or recipe made with a LAND O LAKES® product.

Spaghetti Pie and pasta salad from SNA recipe source. Spaghetti pie made with turkey sausage and LAND O LAKES® Shredded Mozzarella Cheese.

Turkey wrap sandwich developed for Land O'Lakes School Foodservice web site, made with whole wheat tortilla, sliced turkey and LAND O LAKES® Reduced Fat American Cheese.

Taco Tater from SNA recipe source, made with lean ground beef and LAND O LAKES® Reduced Fat American Cheese.

Baja Baked Fajita from Land O'Lakes School Foodservice website. Made with LAND O LAKES® Shredded Mild Cheddar Cheese, LAND O LAKES® Light Sour Cream and USDA commodity chicken.

Week 3

Menu items highlighted in red feature a LAND O LAKES® product or a recipe using a LAND O LAKES® product.

Southwestern Chicken Potato Wedges from Land O'Lakes School Foodservice website. Prepared with USDA Commodity ingredients, LAND O LAKES® Reduced Fat Cheese Sauce, and LAND O LAKES® Light Sour Cream.

Garlic cheese bread from Land O'Lakes School Foodservice website. Made with LAND O' LAKES® Reduced Fat American Shreds and LAND O LAKES® Mozzarella Shreds.

Enchilada Cheese Roll Bake from Land O'Lakes School Foodservice website made with LAND O LAKES® Cheese Rolls, LAND O LAKES® Shredded American Cheese Shreds and enchilada sauce.

For additional school foodservice recipes, visit the [recipes section](http://www.schoollunch.landolakesinc.com) at www.schoollunch.landolakesinc.com