



**OVS must take a minimum of
1/2c fruit or vegetable**

**Gossner Non Fat Chocolate Milk
and 1% White Milk is served daily.**

Build your tray
THE healthy way!

take at least 3 food groups!

- **Vegetable**
- **Fruit**
Better yet, choose both!
- **Choose whole grains**
- **Pick a lean protein**
- **Add a serving of dairy**

What's on your tray today?

Dates	Mon	Tue	Wed	Thu	Fri
01/06-01/10	2 OZ Turkey Taco Meat on 1 EA—WW Tortilla 1 OZ Shredded Cheese OR 1 EA Chicken Corn Dog 3/4 C Corn OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt	3 PC Chicken Tender Bowl 1/2 C Mashed Potato/ 1 OZ Gravy OR 3 SLICES Ham & 2 SLICES Cheese on 2 SLICES—WW Bread 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 SLICE Cheese Pizza OR 2 OZ Sloppy Joe on 1 EA—WW Bun 3/4 Cup Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 EA Breaded Chicken Patty on 1 EA—WW Bun OR 2.5 OZ Pulled Pork Sandwich on 1 EA—WW Bun 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt	Eggless Loco Moco/1 OZ Gravy 1 Cup Brown Rice 1 EA Tuna Salad on 1 EA WW Hot Dog Bun OR 1 EA WW Broccoli & 1 OZ Cheese Sauce OR 1 1/4 Tossed Salad 1 EA Dressing pkt
01/13-01/17	1 EA Pork Rib Patty on 1 EA—WW BUN OR 7 OZ North Cheeseburger Pasta 3/4 C California Vegetable Blend OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt OR	5 PC Chicken Nuggets 1/2 C Brown Rice OR 1 EA Hamburger Patty on 1 EA—WW Bun 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	1 SLICE Pepperoni Pizza OR 2 SLICE Turkey, 1 SLICE Ham & 2 SLICE Cheese on WW Bread 3/4 Cup Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	3/4 Cup of Chili 1 Cup of Brown Rice OR 1 EA Grilled Chicken Patty on WW Bun 3/4 Cup Potato Wedges OR 1 1/4 Tossed Salad/1 EA Dressing Pkt	3 OZ EZ Bistek 1 C Brown Rice OR 1 EA Fish Patty on 1 EA—WW Bun 3/4 Cup Broccoli & Cheese OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR
02/10-02/14	1 EA Pork Rib Patty on 1 EA—WW BUN OR 7 OZ North Cheeseburger Pasta 3/4 C California Vegetable Blend OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt OR	5 PC Chicken Nuggets 1/2 C Brown Rice OR 1 EA Hamburger Patty on 1 EA—WW Bun 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	1 SLICE Pepperoni Pizza OR 2 SLICE Turkey, 1 SLICE Ham & 2 SLICE Cheese on WW Bread 3/4 Cup Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	3/4 Cup of Chili 1 Cup of Brown Rice OR 1 EA Grilled Chicken Patty on WW Bun 3/4 Cup Potato Wedges OR 1 1/4 Tossed Salad/1 EA Dressing Pkt	3 OZ EZ Bistek 1 C Brown Rice OR 1 EA Fish Patty on 1 EA—WW Bun 3/4 Cup Broccoli & Cheese OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR
02/17-02/21	3 OZ Chicken Alfredo 1/2 C—Fettucini Noodles OR 1 EA Turkey Hot Dog on 1 EA—WW Bun 3/4 C Green Beans OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt	3 PC Chicken Tender Bowl 1/2 C Mashed Potato/1 OZ Gravy OR 3 SLICES Turkey & 2 SLICES Cheese on 2 SLICES—WW Bread 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 EA Chicken Corn Dog OR 5 EA Meatballs/1 OZ Sweet & Sour Sauce 1 C Brown Rice 3/4 Cup Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 EA Chicken Patty on 1 EA—WW Bun OR 2 OZ—Beef Taco Meat on 1 OZ Shredded Cheese on 1 EA—WW Tortilla 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 Slice Cheese Pizza OR 10 OZ Cold Tuna Pasta Salad 3/4 Cup Broccoli & 1 OZ Cheese Sauce OR 1 1/4 Tossed Salad /1 EA Dressing Pkt
03/16-03/20	3 OZ Chicken Alfredo 1/2 C—Fettucini Noodles OR 1 EA Turkey Hot Dog on 1 EA—WW Bun 3/4 C Green Beans OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt	3 PC Chicken Tender Bowl 1/2 C Mashed Potato/1 OZ Gravy OR 3 SLICES Turkey & 2 SLICES Cheese on 2 SLICES—WW Bread 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 EA Chicken Corn Dog OR 5 EA Meatballs/1 OZ Sweet & Sour Sauce 1 C Brown Rice 3/4 Cup Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 EA Chicken Patty on 1 EA—WW Bun OR 2 OZ—Beef Taco Meat on 1 OZ Shredded Cheese on 1 EA—WW Tortilla 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 Slice Cheese Pizza OR 10 OZ Cold Tuna Pasta Salad 3/4 Cup Broccoli & 1 OZ Cheese Sauce OR 1 1/4 Tossed Salad /1 EA Dressing Pkt
04/13-04/17	3 OZ Chicken Alfredo 1/2 C—Fettucini Noodles OR 1 EA Turkey Hot Dog on 1 EA—WW Bun 3/4 C Green Beans OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt	3 PC Chicken Tender Bowl 1/2 C Mashed Potato/1 OZ Gravy OR 3 SLICES Turkey & 2 SLICES Cheese on 2 SLICES—WW Bread 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 EA Chicken Corn Dog OR 5 EA Meatballs/1 OZ Sweet & Sour Sauce 1 C Brown Rice 3/4 Cup Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 EA Chicken Patty on 1 EA—WW Bun OR 2 OZ—Beef Taco Meat on 1 OZ Shredded Cheese on 1 EA—WW Tortilla 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt	1 Slice Cheese Pizza OR 10 OZ Cold Tuna Pasta Salad 3/4 Cup Broccoli & 1 OZ Cheese Sauce OR 1 1/4 Tossed Salad /1 EA Dressing Pkt
04/20-04/24	4 OZ Spaghetti Meat Sauce 1/2 C—Spaghetti Noodles OR 2 OZ Western Chicken Salad Sandwich 1 EA— WW Bun 3/4 C Chili Beans OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	5 PC Chicken Nuggets 1/2 C Brown Rice OR 1 EA—Italian Sandwich on 1 EA—WW Bun 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	1 Slice Pepperoni Pizza OR 1 EA Hamburger Patty on 1 EA WW Bun 3/4 Cup Cucumber Salad OR 1 1/4 Tossed Salad /1 EA Dressing Pkt	1 EA Grilled Chicken on 1 EA—WW Bun OR 6 OZ Ham & Cheese Macaroni Pasta 3/4 C Potato Wedges 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	1 EA Fish Patty on 1 EA—WW Bun OR 3 OZ Beef Broccoli 1 C Brown Rice 3/4 Cup Broccoli & Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR
05/18-05/22	4 OZ Spaghetti Meat Sauce 1/2 C—Spaghetti Noodles OR 2 OZ Western Chicken Salad Sandwich 1 EA— WW Bun 3/4 C Chili Beans OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	5 PC Chicken Nuggets 1/2 C Brown Rice OR 1 EA—Italian Sandwich on 1 EA—WW Bun 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	1 Slice Pepperoni Pizza OR 1 EA Hamburger Patty on 1 EA WW Bun 3/4 Cup Cucumber Salad OR 1 1/4 Tossed Salad /1 EA Dressing Pkt	1 EA Grilled Chicken on 1 EA—WW Bun OR 6 OZ Ham & Cheese Macaroni Pasta 3/4 C Potato Wedges 1 1/4 C Toss Salad/1 EA Dressing Pkt OR	1 EA Fish Patty on 1 EA—WW Bun OR 3 OZ Beef Broccoli 1 C Brown Rice 3/4 Cup Broccoli & Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR



**OVS must take a minimum of
 1/2c fruit or vegetable**

**Gossner Non Fat Chocolate Milk
 and 1% White Milk is served daily.**

Build *your* **tray**
 THE healthy way!

take at least **3** food groups!

- Vegetable
- Fruit
- Choose whole grains
- Pick a lean protein
- Add a serving of dairy

Better yet, choose both!

What's on your tray today?

Dates	Mon	Tue	Wed	Thu	Fri
01/06-01/10	2 OZ Turkey Taco Meat on 1 EA—WW Tortilla & 1 EA—WW Dinner Roll OR 1 EA Chicken Corn Dog 1 C Corn OR 1 1/2 C Toss Salad/ 1 EA Dressing Pkt OR	3 PC Chicken Tender Bowl 1/2 C Mashed Potato/ 1 OZ Gravy 1 EA—WW Dinner Roll OR 3 SLICES Ham & 2 SLICES Cheese on 2 SLICES—WW Bread 1 C Carrots OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 SLICE Cheese Pizza OR 2 OZ Sloppy Joe on 1 EA—WW Bun 1 Cup Cucumber Salad OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 EA Chicken Patty on 1 EA—WW Bun OR 2.5 OZ Pulled Pork Sandwich on 1 EA—WW Bun 1 C Potato Wedges OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 EA Eggless Loco Moco 1 OZ Gravy 1 Cup Brown Rice 1 EA Tuna Salad on 1 EA WW Hot Dog Bun OR 1 Cup Broccoli & 1 OZ Cheese Sauce OR 1 1/2 Tossed Salad 1 EA Dressing Pkt Assorted Fruit
01/13-01/17	1 EA Pork Rib Patty on 1 EA—WW BUN OR 11 OZ North Cheeseburger Pasta 1 C California Vegetable Blend OR 1 1/2 C Toss Salad/ 1 EA Dressing Pkt OR	5 PC Chicken Nuggets 1 C Brown Rice OR 1 EA Hamburger Patty on 1 EA—WW Bun 1 C Carrots OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 SLICE Pepperoni Pizza OR 2 SLICE Turkey, 1 SLICE Ham & 2 SLICES—WW Bread 1 C Cucumber Salad OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 Cup of Chili 1 Cup of Brown Rice OR 1 EA Grilled Chicken Patty on WW Bun 1 Cup Potato Wedge OR 1 1/2 C Tossed Salad/1 EA Dressing Pkt OR	5 OZ EZ Bistek 1 C Brown Rice OR 1 EA Fish Patty on 1 EA—WW Bun 1 Cup Broccoli & Cheese OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits
02/10-02/14					
03/09-03/13					
04/06-04/10					
05/04-05/08					
01/20-01/24	3 OZ Chicken Alfredo 1/2 C—Spaghetti Noodles OR & Dinner Roll 1 EA Turkey Hot Dog on 1 EA—WW Bun 1 C Green Beans OR 1 1/2 C Toss Salad/ 1 EA Dressing Pkt	3 PC Chicken Tender Bowl 1/2 C Mashed Potato/1 OZ Gravy 1 EA—WW Dinner Roll OR 3 SLICES Turkey & 2 SLICES Cheese on 1 C Carrots OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 EA Chicken Corn Dog OR 5 EA Meatballs/1 OZ Sweet & Sour Sauce 1 C Brown Rice 1 Cup Cucumber Salad OR 1 1/2 C Toss Salad/1 EA Dressing Pkt	1 EA Chicken Patty on 1 EA—WW Bun OR 2 OZ Beef Taco Meat on 1 EA—WW Tortilla & 1 EA—WW Dinner Roll 1 C Potato Wedges OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 SLICE Cheese Pizza OR 10 OZ—Tuna Pasta 1 C Cucumber Salad OR 1 C Broccoli & 1 OZ Cheese Sauces 1 1/2 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits
02/17-02/21					
03/16-03/20					
04/13-04/17					
05/11-05/15					
01/27-01/31	4 OZ Spaghetti Meat Sauce 1 C—Spaghetti Noodles OR 2 OZ Western Chicken Salad Sandwich on 1 EA—WW Bun 1 C Chili Beans OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	5 PC Chicken Nuggets 1 C Brown Rice OR 1 EA Italian Sandwich on 1 EA—WW Bun 1 C Carrots OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 Slice Pepperoni Pizza OR 1 EA Hamburger Patty on 1 EA WW Bun 1 Cup Cucumber Salad OR 1 1/2 Tossed Salad /1 EA Dressing	1 EA Grilled Chicken Sandwich on 1 EA—WW Bun OR 10 OZ Ham & Cheese Macaroni Pasta 1 C Potato Wedges 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 EA Fish Patty on 1 EA—WW Bun OR 5 OZ Beef Broccoli 1 C Brown Rice 1 C Broccoli & 1 OZ Cheese Sauces 1 1/2 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits
02/24-02/28					
03/23-03/27					
04/20-04/24					
05/18-05/22					

(LEA) FNSM Reviewed & Approved: 12/30/19
 State Agency for CNP. Reviewed & Approved: 12/30/19

USDA is an equal opportunity provider and employer.