

Rachel Faxon  
HUEC 3019: Current Topic Assignment

Breakfast Menu										
Week One										
Menu Component	Monday		Tuesday		Wednesday		Thursday		Friday	
	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion
Meat/ Alternate	N/A	N/A	Peanut Butter	1 Tbsp	Yogurt, Vanilla	4 oz	Ham, cooked	1/2 oz	Walnuts, chopped	1/2 oz
Grains/ Bread	Pancakes, whole grain	2 small (.6oz each)	Toast, whole grain	1/2 slice (.5oz)	N/A	N/A	Biscuit, whole grain	1/2 small (.5oz)	Cereal, fortified	1/3 cup
Fruit/ Vegetable	Mixed Berries	1/2 cup	Banana slices	1/2 cup	Pineapple	1/2 cup	Pears	1/2 cup	Strawberries	1/2 cup
Milk	Milk, 1%	6 oz	Milk, 1%	6 oz	Milk, 1%	6 oz	Milk, 1%	6 oz	Milk, 1%	6 oz

Breakfast Menu										
Week Two										
Menu Component	Monday		Tuesday		Wednesday		Thursday		Friday	
	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion
Meat/ Alternate	Yogurt, strawberry	1/4 cup	Eggs, scrambled	1 large egg	Peanut Butter	1 Tbsp	N/A	N/A	Cheese, melted	1/2 oz
Grains/ Bread	Cinnamon Bread, enriched	1/2 slice (.5oz)	N/A	N/A	Oatmeal, cooked	1/4 cup	Muffin, whole grain	1 small (1.8oz)	Toast, whole grain	1/2 slice (.5oz)
Fruit/ Vegetable	Grapes	1/2 cup	Orange slices	1/2 cup	Apple slices	1/2 cup	Watermelon, cubed	1/2 cup	Orange juice, 100% juice	1/2 cup
Milk	Milk, 1%	6 oz	Milk, 1%	6 oz	Milk, 1%	6 oz	Milk, 1%	6 oz	Milk, 1%	6 oz

Lunch Menu										
Week One										
Menu Component	Monday		Tuesday		Wednesday		Thursday		Friday	
	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion
Meat/ Alternate	Red Beans, cooked	3/8 cup	Meatballs	1 1/2 oz	Cheese, Vegetable Soup	1 oz; 1/8 cup (beans)	Ground meat; Cheese	1 oz; 1/2 oz	Grilled chicken patty	3 oz
Grains/ Bread	Rice, fortified; corn muffin	1/2 cup; 1 muffin	Pasta, whole grain	1/2 cup	Toast, whole grain	2 slices	Tortilla chips, whole grain	1 oz	Hamburger bun, enriched	2 pieces (1 bun)
Fruit	Cantaloupe balls	1/4 cup	N/A	N/A	Peach slices	1/4 cup	N/A	N/A	Mixed Fruit	1/4 cup
Vegetables	Vegetable Medley	1/4 cup	Tomato sauce; corn	1/4 cup; 1/4 cup	Vegetable Soup	1/4 cup	Lettuce, tomatoes; corn	1/4 cup; 1/4 cup	Broccoli spears, blanched	1/4 cup
Milk	Milk, 1%	8 oz	Milk, 1%	8 oz	Milk, 1%	8 oz	Milk, 1%	8 oz	Milk, 1%	8 oz

Lunch Menu										
Week Two										
Menu Component	Monday		Tuesday		Wednesday		Thursday		Friday	
	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion	Menu Item	Portion
Meat/ Alternate	Chicken and Pork	1 1/2 oz	Ground meat; cheese	1 1/4 oz; 1/4 oz	Chicken; Cheese	1 oz; 1/2 oz	Gyros meat	1 1/2 oz	Hamburger patty	3 oz
Grains/ Bread	Rice, enriched--Jambalaya, roll (WG)	1/2 cup; 1 roll	Taco shell, enriched	1 medium	Pasta, enriched	1 cup	Pita bread, whole grain	1 small	Hamburger bun, enriched	2 pieces (1 bun)
Fruit	Mango, cubed	1/4 cup	Pears, halved	1/4 cup	Pineapple chunks	1/4 cup	N/A	N/A	Orange slices	1/4 cup
Vegetables	Green Beans	1/4 cup	Lettuce, tomatoes	1/4 cup	Corn	1/4 cup	Onions & peppers; salad	1/4 cup; 1/4 cup	French Fries, baked	1/4 cup
Milk	Milk, 1%	8 oz	Milk, 1%	8 oz	Milk, 1%	8 oz	Milk, 1%	8 oz	Milk, 1%	8 oz



