



# Farmers' Market Salad Bar Cycle Menu 2013/2014

## Monday

### Vegetables (select 5)

#### Dark Green

Lettuce Mix \*

Broccoli-bite size

#### Red/Orange

Carrots-coins or sticks

Tomatoes

#### Starchy

Corn

#### Legumes

Kidney Beans

#### Other Vegetables

Celery-sliced or chopped

Cabbage

Seasonal vegetables

### Fruits (select 3)

Apple-sliced

Orange-wedges

Dried fruit-Raisins or Cherries

Seasonal Fruit

### Meat/Meat Alternate (2 oz.)

Cheese, Yellow (shredded or diced)

Fajita Chicken

### Grains (2 Servings)

WG Crackers (2 pkg)

Roll (1 ea.)

## Tuesday

### Vegetables (select 5)

#### Dark Green

Lettuce Mix \*

Spinach

#### Red/Orange

Yellow Bell Pepper-sliced

#### Starchy

Green Peas

#### Legumes

Garbanzo Beans

#### Other Vegetables

Cauliflower-bite size

Red Cabbage

Green Bell Pepper

Seasonal Vegetables

### Fruits (select 3)

Kiwi-sliced

Banana

Grapes

Seasonal Fruit

### Meat/Meat Alternate (2 oz.)

Yogurt

Turkey Ham, Julienne

### Grains (2 Servings)

WG Crackers (2 pkg)

## Wednesday

### Vegetables (select 5)

#### Dark Green

Lettuce Mix \*

Broccoli-bite size

#### Red/Orange

Carrots-coins or sticks

Tomatoes

#### Starchy

Corn

Jicama

#### Legumes

Kidney Beans

#### Other Vegetables

Cucumber-sliced

Cabbage

Seasonal Vegetables

### Fruits (select 3)

Apples-sliced

Trail Mix

Orange-wedges

Seasonal Fruit

### Meat/Meat Alternate (2 oz.)

Hard Boiled Eggs, Diced

### Grains (2 Servings)

WG Crackers (2 pkg)

Roll (1 ea.)

*\*Lettuce mix=spinach, romaine, green and red lettuce\* Must be offered daily*





# Farmers' Market Salad Bar Cycle Menu 2013/2014

## Thursday

### Vegetables (select 5)

#### Dark Green

Lettuce Mix \*

Spinach

#### Red/Orange

Red Bell Pepper-sliced

#### Starchy

Corn

#### Legumes

Garbanzo Beans

#### Other Vegetables

Celery-sliced or chopped

Red Cabbage

Green Bell Pepper

Seasonal Vegetables

### Fruits (select 3)

Apple-sliced

Orange-wedges

Grapes

Seasonal Fruit

### Meat/Meat Alternate (2 oz.)

Peanut/Sunflower Butter (2 Tbsp)

Turkey, Julienne

### Grains (2 Servings)

WG Crackers (2 pkg)

## Friday

### Vegetables (select 5)

#### Dark Green

Lettuce Mix \*

Broccoli-bite size

#### Red/Orange

Carrots-coins or sticks

#### Tomatoes

#### Starchy

Green Peas

Jicama

#### Legumes

Kidney Beans

#### Other Vegetables

Cucumber-sliced

Seasonal Vegetables

### Fruits (select 3)

Fruit Salad

Kiwi-sliced

Dried fruit-Raisins or Cherries

Seasonal Fruit

### Meat/Meat Alternate (2 oz. eq.)

Yogurt 4 oz.

### Grains (2 Servings)

WG Crackers (2 pkg)

Roll (1 ea.)

*\*Lettuce mix=spinach, romaine, green and red lettuce\* Must be offered daily*

