

Sample Seamless Summer Option 5-Day Bag Lunch Menu for Grades K-8, with modifications for grades 9-12 in italics

Nut Butter Sandwich	Nacho Chips and Cheese	Build Your Own Pizza	Yogurt Parfait	"Lunch-able"
<p>Sandwich Nut butter: 2 Tbsp. Whole grain rich bread: 2 slices (1 oz. eq. per slice) <i>9-12: add cheese stick</i></p> <p>Vegetable Broccoli and Cauliflower pieces: 3/4 cup total <i>9-12: add ½ cup carrots</i></p> <p>Fruit Applesauce: ½ cup <i>9-12: substitute whole apple</i></p> <p>Milk* 1 cup</p>	<p>Nachos Tortilla chips: 1 oz. bag <i>9-12: 2 oz. bag</i> Queso Dip Cup: 1 cup (1 oz. eq.) Example: Land O' Lakes Mucho Queso <i>9-12: provide 2 cups cheese</i> Salsa: ¼ cup <i>9-12: increase to ½ cup</i></p> <p>Vegetable Roasted garbanzo beans: ½ cup</p> <p>Fruit Strawberry cup: ½ cup <i>9-12: add whole orange</i></p> <p>Milk* 1 cup</p>	<p>Pizza Flatbread: 1 (2 oz. eq.) Example: Rich's 6 inch round flatbread Mozzarella Cheese: 2 oz. Marinara: ½ cup Example: Rold Gold 2.5 oz. marinara cup</p> <p>Vegetable Broccoli Florets: ¼ cup <i>9-12: increase to ½ cup</i></p> <p>Fruit Banana: 1 whole <i>9-12: add 4 oz. fruit juice</i></p> <p>Milk* 1 cup</p>	<p>Parfait Yogurt: 4 oz. cup Sliced Strawberries: ½ cup <i>9-12: add ½ cup blueberries</i> Graham crackers or granola: 1 oz. package <i>9-12: increased to 2 oz. package</i> Sunflower seeds: 1 oz.</p> <p>Vegetable Baby carrots and celery sticks: ¾ cup total <i>9-12: increase to 1 cup</i></p> <p>Milk* 1 cup</p>	<p>Deli Cheese Slices: 1 oz. <i>9-12: increase to 2 oz.</i> Deli Turkey: 1.5 oz. <i>9-12: increase to 2.5 oz.</i> Whole grain rich crackers: 2 oz. package</p> <p>Vegetable Red Pepper Sticks: ¼ cup <i>9-12: increase to ½ cup</i> Jicama Sticks: ½ cup</p> <p>Fruit Apple: 1 whole</p> <p>Milk* 1 cup</p>

*Low-fat (one percent) or non-fat (skim) flavored or unflavored. Offer two types per day.

Sample Seamless Summer Option 5-Day Bag Breakfast Menu for Grades K-12

<p>Grain Whole grain rich Cereal: 1 bowl pack (1 oz. eq.) Nutrigrain bar: 1 bar (1 oz. eq.)</p> <p>Fruit/Vegetable Fruit Cup: ½ cup Apple slices: ½ cup (one half whole apple)</p> <p>Milk* 1 cup</p>	<p>Grain Giant Goldfish Grahams: 1 package (1 oz. eq.) Cheese stick: 1</p> <p>Fruit/Vegetable Baby Carrots: ½ cup Peach cup: ½ cup</p> <p>Milk* 1 cup</p>	<p>Grain Whole grain rich Poptart: 1 (1 oz. eq.)</p> <p>Fruit/Vegetable Strawberry cup: ½ cup Fruit Juice: ½ cup</p> <p>Milk* 1 cup</p>	<p>Grain Whole grain rich muffin: 1 muffin (1 oz. eq.) Yogurt: 4 oz.</p> <p>Fruit/Vegetable Orange Smiles: ½ cup (one whole orange) Banana: 1 whole</p> <p>Milk* 1 cup</p>	<p>Grain Whole grain rich bagel: 1 bagel (1 oz. eq.) Nut butter: 2 Tbsp.</p> <p>Fruit/Vegetable Baby Carrots: ½ cup Orange Juice: ½ cup</p> <p>Milk* 1 cup</p>
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