

Back-of-the-House Menu

Breakfast	Portion Size	Food Item
Juice	8 oz	Orange Juice/Cranberry Juice*
Fruit	4 oz	Banana
Hot Cereal	½ cup dry	Old Fashioned Oats
Cold Cereal	½ cup	Corn Chex, Honey Bunches of Oats, Fruit Cheerios*
Entrées	2 eggs	Scrambled Eggs*
	2 oz bread	French Toast
	1 oz cheese, 1 strip bacon, 2 eggs	Cheese and Bacon Omelet
Sides	1 oz	Sausage
	3 oz	Scalloped Potatoes
	3 oz	Hash Browns*
Bread/Bakery	1 oz	Whole Grain Toast/Sourdough Toast*/Plain Bagel
	4 oz	Banana Whole Wheat Muffin
Lunch	Portion Size	Food Item
Soup	1 cup (8 oz)	Split Pea
Salad	½ cup	Basic Mixed Green Salad with Added Tomatoes
	½ cup	Green Salad with Tender Strawberries and Creamy Vinaigrette*
Entrées	5 oz	Cold Sliced Turkey and Cheese Sandwich on Whole Wheat
	5 oz	Cheese Quesadilla
	4 oz	Peanut Butter and Jelly*
Vegetables	1 cup raw	Celery Stalks and Carrot Slices
	1 cup raw	Bell Pepper Strips
	1 cup raw	Crisp Broccoli Florets*
Starch	-	Included with entree
Desserts	2 small cookies (2 ¼ in diameter)	Chocolate Chip Cookie
	1/6 of pie	Fresh Apple Pie
	4 oz	Ice Cream Sandwich*
Bread	¾ oz	Baked Crackers*
	1 oz	French Roll, Sourdough Bread, Whole Grain Bread
Dinner	Portion Size	Food Item
Soup	1 cup (8 oz)	Hearty Beef Vegetable Soup
	1 cup (8 oz)	Tortellini Soup*
Salad	½ cup	Tender Greens and Fruit Salad
Entrées	1 cup (8 oz)	Macaroni and Cheese
	1 burger	Cheeseburger on Whole Wheat

	(8.5 oz)	
	6 nuggets (3.5 oz)	Chicken Nuggets*
Vegetables	1/3 cup	Baked Beans
	1/2 cup cooked	Marinated Carrots
	4 inch piece	Corn on the Cob*
Starch	3.5 oz	French Fries
	1/2 cup	Potato Salad*
Desserts	1/2 cup	Vanilla Ice Cream
	1/2 cup	Bowl of Fresh Fruit
	2 small cookies (2 1/4 in diameter)	Oatmeal Raisin Cookie*
Bread	1 oz	French Roll, Sourdough Brad, Whole Wheat Roll

Condiments			
Portion Size	Item	Portion Size	Item
1 Tbsp	Butter		
1.5 Tbsp	Peanut Butter		
1 Tbsp	Cream Cheese		
2 tsp	Orange Jam		
2 tsp	Strawberry Jelly*		
1 Tbsp	Ketchup		
¼ cup	Salsa		
1 Tbsp	Ranch Dressing		

Beverages			
Portion Size	Item	Portion Size	Item
8 oz	Orange Juice	8 oz	Chocolate Milk
8 oz	Cranberry Juice	8 oz (unlimited)	Water
8 oz	Lemonade	8 oz	Soymilk
8 oz	V8 Splash		
8 oz	Hot Chocolate		
8 oz	Apple Cider		
8 oz	Whole Milk		
8 oz	2% Milk		
8 oz	Skim Milk		