



Sample Lunch Menu

*Note: Serving sizes listed below are specified for children 3-5 years old.



Week 1

Kalua Pig & Cabbage Hapa rice (1/2 cup) Watermelon (1/2 cup) 1% milk (3/4 cup)	Lentil Soup with Vegetables Garlic Bread (1/2 slice) Sliced Bananas (1/2 cup) 1% milk (3/4 cup)	Ground Turkey Spaghetti with Vegetable Marinara Sauce Mixed Vegetables (1/4 cup) Pineapple (1/4 cup) 1% milk (3/4 cup)	Beef Tomato Stir-Fry Brown Rice (1/4 cup) Cantaloupe (1/2 cup) 1% milk (3/4 cup)	Egg Salad Sandwich with let- tuce & tomato String Cheese (1 ounce) Steamed broccoli (1/4 cup) Sliced apples (1/4 cup) 1% milk (3/4 cup)
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Week 2

Turkey Dog (cut in half lengthwise) (1) Corn (1/4 cup) Peaches (1/4 cup) 1% milk (3/4 cup)	Beef Stew with vegetables Brown rice (1/4 cup) Honeydew melon (1/2 cup) 1% milk (3/4 cup)	Whole Wheat Burrito with Baked Beans & Cheese Shredded Lettuce & Home- made Salsa (1/4 cup) Pears (1/4 cup) 1% milk (3/4 cup)	Turkey, Ham & Cheese Sand- wich with lettuce & tomato Peas (1/4 cup) Clementine (1 each) 1% milk (3/4 cup)	Home-made Chicken Noodle Soup with Vegetables Whole Wheat Toast with Cheese (1/2 slice) Mandarin Orange (1/2 cup) 1% milk (3/4 cup)
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Week 3

Home-made Macaroni & Cheese with Ham Yogurt (1/4 cup) Asparagus (1/4 cup) Starfruit (1/4 cup) 1% milk (3/4 cup)	Fried Rice (Brown Rice 1/3 cup) with Turkey Bacon, Ham, Eggs & Peas & Carrots (1/4 cup) Applesauce (1/4 cup) 1% milk (3/4 cup)	Shoyu Chicken Brown Rice (1/4 cup) Spinach (1/4 cup) Papaya (1/4 cup) 1% milk (3/4 cup)	Roast Turkey with gravy (1.5 ounces) Dinner Roll (1 each) Mashed Potatoes (1/4 cup) Fruit Cocktail (1/4 cup) 1% milk (3/4 cup)	Vegetarian Chili with Vegeta- bles Brown Rice (1/4 cup) Grapes (cut in half) (1/2 cup) 1% milk (3/4 cup)
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Tips:

- *Low-fat or Reduced-fat milk (1% or 2%) is appropriate for children over 2.
- *Offer whole wheat or whole grain products when possible (ex. Brown rice, Whole wheat bread, etc.)
- *Choose fresh fruit, frozen fruit, or fruit canned in natural juices or light syrup.
- *These are **minimum** amounts. Children are able to have more, if desired.