



**OVS must take a minimum of
 1/2c fruit or vegetable**

**Gossner Non Fat Chocolate Milk
 and 1% White Milk is served daily.**

**Build your tray
 THE healthy way!**

START WITH A:

- Vegetable
- or
- Fruit

Better yet, choose both!

- Choose whole grains
- Pick a lean protein
- Add a serving of dairy

take at least 3 food groups!

What's on your tray today?

Dates	Mon	Tue	Wed	Thu	Fri
1/8-1/12	1 EA Chicken Patty on 1 EA—WW Bun OR 3 SLICES Turkey & 2 SLICES Cheese on 2 SLICES—WW Bread 3/4 C Corn OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt OR Assorted Fruits	1 EA Turkey Hot Dog on 1 EA—WW Bun OR 3 PC Chicken Tender Bowl 1/2 C Mashed Potato/1 OZ Gravy 3/4 C Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Sloppy Joe on 1 EA—WW Bun OR 3/4 C Chicken Ala King 1 C Brown Rice 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Hamburger Patty on 1 EA—WW Bun OR 2 EA Beef Teriyaki Dippers 1/2 C Brown Rice 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 SLICE Cheese Pizza OR 2 OZ Barbecue Chicken Sandwich on 1 EA—WW Bun 3/4 C Broccoli & 1 OZ Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits
1/15-1/19	1 EA Hamburger Patty on 1 EA—WW BUN OR 3 SLICES Ham & 2 SLICES Cheese on 2 SLICES—WW Bread 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt OR Assorted Fruits	1 EA Turkey Hot Dog on 1 EA—WW Bun OR 5 PC Chicken Nuggets 1/2 C Brown Rice 3/4 C Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	3/4 C Chili 1 C Brown Rice— OR 1 EA Pork Rib Patty on 1 EA—WW Bun 3/4 C Green Beans OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Chicken Patty on 1 EA—WW Bun OR 3/4 C Chicken Stir Fry 1 C Brown Rice 3/4 C Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 SLICE Cheese Pizza OR 3/4 C Beef Tinaktak 1/2 C Brown Rice 3/4 C Broccoli & 1 OZ Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits
1/22-1/26	1 EA Chicken Patty on 1 EA—WW Bun OR 2 OZ Tuna on 1 EA—WW Bun 3/4 C Baby Carrots OR 1 1/4 C Toss Salad/ 1 EA Dressing Pkt OR Assorted Fruits	1 EA Turkey Hot Dog on 1 EA—WW Bun OR 3 PC Chicken Tender Bowl 1/2 C Mashed Potato/1 OZ Gravy 3/4 C Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 SLICE—Cheese Pizza OR 3 OZ Teriyaki Chicken 1 C Brown Rice 3/4 C Mixed Vegetables OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Hamburger Patty on 1 EA—WW Bun OR 5 EA Meatballs & 1/2 C Marinara Sauce 1/2 C—WW Spaghetti Noodles 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Fish Square on 1 EA—WW Bun OR 1 EA Eggless Loco Moco 1/2 C Brown Rice 3/4 C Broccoli & 1 OZ Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits
1/29-2/2	2 OZ Chicken Adobo 1/2 C Brown Rice—OR 1 SLICE Cheese Pizza 3/4 C Baby Carrots OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Turkey Hot Dog on 1 EA—WW Bun OR 5 PC Chicken Nuggets 1/2 C Brown Rice 3/4 C Cucumber Salad OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Chicken Patty on 1 EA—WW Bun OR 4 OZ Meaty Rotini Sauce 1/2 C Rotini Pasta 3/4 C Pinto Beans OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Hamburger Patty on 1 EA—WW Bun OR 2 OZ Sweet N Sour Chicken 1 C Brown Rice 3/4 C Potato Wedges OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits	1 EA Fish Square on 1 EA—WW Bun OR 3/4 C Chicken Broccoli 1 C Brown Rice 3/4 C Broccoli & 1 OZ Cheese Sauce OR 1 1/4 C Toss Salad/1 EA Dressing Pkt OR Assorted Fruits
2/5-2/9					
2/12-2/16					
2/19-2/23					
2/26-3/2					
3/5-3/9					
3/12-3/16					
3/19-3/23					
3/26-3/30					
4/2-4/6					
4/9-4/13					
4/16-4/20					
4/23-4/27					
4/30-5/4					
5/7-5/11					
5/14-5/18					
5/21-5/25					



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- Vegetable
- or
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Better yet, choose both!

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2/5-2/9	1 C Corn OR	1/2 C Mashed Potato/1 OZ Gravy	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR
3/5-3/9	1 1/2 C Toss Salad/ 1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	Assorted Fruits	Assorted Fruits	Assorted Fruits
4/2-4/6	1 EA Hamburger Patty on 1 EA—WW BUN OR 3 SLICES Ham & 2 SLICES Cheese on 2 SLICES—WW Bread	1 EA Turkey Hot Dog on 1 EA—WW Bun OR 5 PC Chicken Nuggets 1/2 C Brown Rice 1 C Cucumber Salad OR	1 C Chili 1 C—Brown Rice OR 1 EA Pork Rib Patty on 1 EA—WW Bun 1 C Green Beans OR	1 EA Chicken Patty on 1 EA—WW Bun OR 1 C Chicken Stir Fry 1 C Brown Rice 1 C Carrots OR	1 SLICE Cheese Pizza OR 1 C Beef Tinaktak 1 C Brown Rice 1 C Broccoli & 1 OZ Cheese Sauce OR
4/30-5/4	1 C Potato Wedges OR 1 1/2 C Toss Salad/ 1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR
5/7-5/11	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
1/22-1/26	1 EA Chicken Patty on 1 EA—WW Bun OR 2 OZ Tuna on 1 EA—WW Bun	1 EA Turkey Hot Dog on 1 EA—WW Bun OR 3 PC Chicken Tender Bowl 1 EA—WW Dinner Roll	1 SLICE Cheese Pizza OR 3 OZ Teriyaki Chicken 1 C Brown Rice 1 C Mixed Vegetables OR	1 EA Hamburger Patty on 1 EA—WW Bun OR 5 EA Meatballs & 1/2 C Marinara Sauce 1 C—WW Spaghetti Noodles 1 C Potato Wedges OR	1 EA Fish Square on 1 EA—WW Bun OR 1 EA Eggless Loco Moco 1 C Brown Rice 1 C Broccoli & 1 OZ Cheese Sauce OR
2/19-2/23	1 C Baby Carrots OR 1 1/2 C Toss Salad/ 1 EA Dressing Pkt OR	1/2 C Mashed Potato/1 OZ Gravy 1 C Cucumber Salad OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 C—WW Spaghetti Noodles 1 C Potato Wedges OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 C Broccoli & 1 OZ Cheese Sauce OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR
3/19-3/23	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
4/16-4/20	2 OZ Chicken Adobo 1 C Brown Rice OR 1 SLICE Cheese Pizza 1 C Baby Carrots OR	1 EA Turkey Hot Dog on 1 EA—WW Bun OR 5 PC Chicken Nuggets 1/2 C Brown Rice 1 C Cucumber Salad OR	1 EA Chicken Patty on 1 EA—WW Bun OR 4 OZ Meaty Rotini Sauce 1 C Rotini Pasta 1 C Pinto Beans OR	1 EA Hamburger Patty on 1 EA—WW Bun OR 4 OZ Sweet N Sour Chicken 1 C Brown Rice 1 C Potato Wedges OR	1 EA Fish Square on 1 EA—WW Bun OR 1 C Chicken Broccoli 1 C Brown Rice 1 C Broccoli & 1 OZ Cheese Sauce OR
4/23-4/27	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 1/2 C Toss Salad/1 EA Dressing Pkt OR	1 C Broccoli & 1 OZ Cheese Sauce OR 1 1/2 C Toss Salad/1 EA Dressing Pkt OR
5/21-5/25	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits