

Exhibit B-1

21-Day Cycle Menu(s)

(Kindergarten–8th Grade)  
Lunch

Food-Based Meal Pattern  
21-Day Cycle Menu

Exhibit B-1

	Dark Green	Red Orange	Beans/Peas	Starchy	Other
M/MA G/B Fruit Veg	1 2 oz. Baked Chicken 1 oz. Whole Grain Dinner Roll 1 oz. Seasoned Whole Grain Brown Rice 1/2 c. 1/2 cup Fresh Apple 3/4 c. 1/2 cup Sweet Potato Casserole 1/4 cup Green Beans	2 2 oz. Cheese (Sauce) 2 oz. Whole Grain Pasta—Macaroni 1/2 c. 1/2 cup Peaches 3/4 c. 1/2 cup Potato Rounds, Baked 1/4 cup Baby Carrots FF Ranch	3 2 oz. Cheese/Pepperoni (Pizza) 2 oz. Whole Grain Pizza Crust 1/2 c. 1/2 cup Fresh Orange Wedges 3/4 c. 1 cup Lettuce Salad* (Dark Green) 1/4 cup Corn FF Dressings	4 2 oz. Baked Chicken Tenders (meat) 1 oz. Tenders Whole Grain Breading 1/2 c. 1/2 cup Cinnamon Applesauce 3/4 c. 1/2 cup Mashed Potatoes 1/4 cup Green Peas	5 2 oz. Chicken/Cheese (Quesadilla) 1 oz. Whole Grain Tortilla 1 oz. Whole Grain Tortilla Chips 1/2 c. 1/2 cup Pineapple Chunks 3/4 c. 1/2 cup Three Bean Salad 1/4 cup Lettuce, Onion, Peppers, Salsa
M/MA G/B Fruit Veg	6 2 oz. Meat (Spaghetti Sauce) 2 oz. Whole Grain Pasta—Spaghetti 1/2 c. 1/2 cup Fresh Banana 3/4 c. 1 cup Lettuce Salad* (Dark Green) 1/4 cup Baby Carrots FF Ranch	7 2 oz. Oven-Baked Fish Nuggets(meat) 1 oz. Nugget Whole Grain Breading 1 oz. Whole Grain Dinner Roll 1/2 c. 1/2 cup Fresh Fruit Mix—Grapes, Blueberries, Strawberries 3/4 c. 1/2 cup Potato Wedges, Baked 1/4 cup Green Beans	8 2 oz. Hamburger 2 oz. Whole Grain Bun 1/2 c. 1/2 cup Fruit Cocktail 3/4 c. 1/2 cup Baked Sweet Potato Fries 1/4 cup equivalent lettuce, tomato, onion, pickles (garnish)	9 2 oz. Grilled Chicken (Caesar Wrap) 1 oz. Whole Grain Tortilla 1/2 c. 1/2 cup Cantaloupe Wedges 3/4 c. 1/2 cup Roasted New Potatoes 1/4 cup Sliced Cucumbers and Onions	10 2 oz. Cheese (Grilled Cheese) 2 oz. Whole Grain Bread 1/2 c. 1/2 cup Pears 3/4 c. 1/2 cup Baked Beans 1/4 cup Corn
M/MA G/B Fruit Veg	11 2 oz. Meat (Sloppy Joe) 2 oz. Whole Grain Bun 1/2 c. 1/2 cup Watermelon 3/4 c. 1/2 cup Potato Salad 1/4 cup Coleslaw	12 2 oz. Meat (Chili) 1 oz. Whole Grain Oyster Crackers 1 oz. Whole Grain Dinner Roll 1/2 c. 1/2 cup Mixed Fruit 3/4 c. 1/8 cup Variety Beans (Chili) 3/8 cup Carrot Coins, Cooked 1/4 cup Green Peas	13 2 oz. Grilled Chicken (Sandwich) 2 oz. Whole Grain Bun 1/2 c. 1/2 cup Fresh Apple 3/4 c. 1/2 cup Baked Sweet Potato Sticks 1/4 cup Broccoli, Steamed	14 2 oz. Hot Ham and Cheese (Pita) 1 oz. Whole Grain Pita 1 oz. Whole Grain Tortilla Chips 1/2 c. 1/2 cup Fresh Orange Wedges 3/4 c. 3/8 cup Beans (Fiesta Dip) 3/8 cup Celery Sticks	15 2 oz. Meat & Cheese (Tacos) 1 oz. Whole Grain Tortilla 1/2 c. 1/2 cup Applesauce 3/4 c. 1 cup Lettuce Salad* (Dark Green) 1/4 cup equivalent shredded lettuce, diced tomato (garnish)
M/MA G/B Fruit Veg	16 2 oz. Ground Turkey & LF Cheese (Ziti) 2 oz. Whole Grain Pasta—Ziti (Baked) 1/2 c. 1/2 cup Fresh Banana 3/4 c. 1/2 cup Baked Potato Wedges 1/4 cup Corn	17 2 oz. Meat (Stir Fry) 1 oz. Whole Grain Brown Rice 1/2 c. 1/2 cup Fresh Pineapple Chunks 3/4 c. 1/4 cup Oriental Veg (Stir Fry) 1/2 cup Broccoli (1/4 cup) and Cauliflower (1/4 cup), Steamed	18 2 oz. Shredded Chicken (BBQ) 2 oz. Whole Grain Bun 1/2 c. 1/2 cup Baked Cinnamon Apples 3/4 c. 1 cup Lettuce Salad* (Dark Green) 1/4 cup Tomatoes FF Dressings	19 2 oz. Beef (Burrito) 1 oz. Whole Grain Tortilla 1 oz. Whole Grain Tortilla Chips 1/2 c. 1/2 cup Fresh Melon(s) 3/4 c. 1/8 cup Variety Beans (Burrito) 3/8 cup Refried Beans 1/4 cup Tomatoes, Onion (Salsa)	20 2 oz. Hot Turkey and Cheese (Sub) 2 oz. Whole Grain Bun 1/2 c. 1/4 cup Sliced Kiwi 1/4 cup Red Grapes 3/4 c. 1/2 cup Baked Sweet Potato Fries 1/4 cup Green Beans
M/MA G/B Fruit Veg	21 2 oz. Gr. Chicken & LF Cheese (Chef Salad) 1 oz. Whole Grain Croutons 1 oz. Whole Grain Soft Breadstick 1/2 c. 1/2 cup Fresh Apple 3/4 c. 1 cup Lettuce Salad* (Dark Green) 1/4 cup Shredded Carrots, Diced Tomatoes, Sliced Cucumbers	<p>The contractor must adhere to each 21-day cycle menu for the first 21 days of meal service. Products may be brand name or equivalent as stipulated in this contract. The contractor is encouraged to incorporate low sodium products. Required average daily calorie range per 5-day week = 600–650. Light, low-fat, non-fat, and sugar-free products/food items to be used as necessary to meet the average daily calorie range.</p>			<p>*Leafy green vegetables: 1 cup counts as 1/2 cup of vegetables Grains must meet the designated ounce equivalents per the menu guidelines. 8 oz. milk served daily per meal pattern requirements. Condiments to be included.</p>

In most cases, the serving sizes provided on the 21-day cycle menu(s) are based on the required minimum serving sizes stated in Exhibit C. If the serving sizes for the food items indicated on the menu(s) do not meet the required average daily calorie range and nutrient standards as stated in Exhibit C, the contractor awarded the contract is required to adjust serving sizes and/or provide additional food items as necessary to meet the calorie range and nutrient standards without altering the 21-day cycle menu(s). Prior to submitting a bid, it is the contractor's responsibility to conduct a nutritional analysis of the menu(s) based on the products/brands to be served in order to determine if serving size adjustments and/or additional food items will be necessary. The contractor's bid should take into consideration this determination.

(9th–12th Grade)

Lunch

Food-Based Meal Pattern

21-Day Cycle Menu

Exhibit B-1

	Dark Green	Red Orange	Beans/Peas	Starchy	Other
	1	2	3	4	5
M/MA	2 oz. Baked Chicken	2 oz. Cheese (Sauce)	2 oz. Cheese/Pepperoni (Pizza)	2 oz. Baked Chicken Tenders (meat)	2 oz. Chicken/Cheese (Quesadilla)
G/B	1 oz. Whole Grain Dinner Roll	2 oz. Whole Grain Pasta—Macaroni	2 oz. Whole Grain Pizza Crust	1 oz. Tenders Whole Grain Breading	1 oz. Whole Grain Tortilla
	1 oz. Seasoned Whole Grain Brown Rice			1 oz. Whole Grain Dinner Roll	1 oz. Whole Grain Tortilla Chips
Fruit	1 cup 1/2 cup Fresh Apple	1 cup 1/2 cup Peaches	1 cup 1/2 cup Fresh Orange Wedges	1 cup 1/2 cup Cinnamon Applesauce	1 cup 1/2 cup Pineapple Chunks
	1/2 cup 100% Grape Juice	1/2 cup Fresh Banana	1/2 cup Grapes	1/4 cup Raisins**	1/2 cup Orange Wedges
Veg	1 cup 3/4 cup Sweet Potato Casserole	1 cup 1/2 cup Potato Rounds, Baked	1 cup 3 cup Lettuce Salad* (Dark Green)	1 cup 1/2 cup Mashed Potatoes	1 cup 1/2 cup Three Bean Salad
	1/4 cup Green Beans	1/2 cup Baby Carrots	1/2 cup Corn	1/4 cup Green Peas	1/2 cup Lettuce, Onion, Peppers Salsa
		FF Ranch	FF Dressings	1/4 cup Carrot Coins, Cooked	
	6	7	8	9	10
M/MA	2 oz. Meat (Spaghetti Sauce)	2 oz. Oven-Baked Fish Nuggets(meat)	2 oz. Hamburger	2 oz. Grilled Chicken (Caesar Wrap)	2 oz. Cheese (Grilled Cheese)
G/B	2 oz. Whole Grain Pasta—Spaghetti	1 oz. Nugget Whole Grain Breading	2 oz. Whole Grain Bun	2 oz. Whole Grain Tortilla	2 oz. Whole Grain Bread
	1 oz. Whole Grain Dinner Roll	1 oz. Whole Grain Dinner Roll			
Fruit	1 cup 1/2 cup Fresh Banana	1 cup 1 cup Fresh Fruit Mix—Grapes, Blueberries, Strawberries	1 cup 1/2 cup 100% Apple Juice	1 cup 1 cup Cantaloupe Wedges	1 cup 1/2 cup Pears
	1/2 cup Pears		1/2 cup Fruit Cocktail		1/2 cup Peaches
Veg	1 cup 1 cup Lettuce Salad* (Dark Green)	1 cup 1/2 cup Potato Wedges, Baked	1 cup 3/4 cup Baked Sweet Potato Fries	1 cup 1/2 cup Roasted New Potatoes	1 cup 1/2 cup Baked Beans
	1/2 cup Baby Carrots	1/2 cup Green Beans	1/4 cup equivalent lettuce, tomato, onion, pickles (garnish)	1/2 cup Sliced Cucumbers and Onions	1/2 cup Corn
	FF Ranch				
	11	12	13	14	15
M/MA	2 oz. Meat (Sloppy Joe)	2 oz. Meat (Chili)	2 oz. Grilled Chicken (Sandwich)	2 oz. Hot Ham and Cheese (Pita)	2 oz. Meat & Cheese (Tacos)
G/B	2 oz. Whole Grain Bun	1 oz. Whole Grain Oyster Crackers	2 oz. Whole Grain Bun	1 oz. Whole Grain Pita	2 oz. Whole Grain Tortilla
	1 oz. Whole Grain Dinner Roll	1 oz. Whole Grain Dinner Roll			
Fruit	1 cup 1 cup Watermelon	1 cup 1/2 cup Mixed Fruit	1 cup 1/2 cup Fresh Apple	1 cup 1/2 cup Fresh Orange Wedges	1 cup 1/2 cup Applesauce
		1/2 cup Fresh Banana	1/2 cup 100% Fruit Punch Juice	1/2 cup Pineapple Chunks	1/2 cup Peaches
Veg	1 cup 1/2 cup Potato Salad	1 cup 1/8 cup Variety Beans (Chili)	1 cup 1/2 cup Sweet Potato Casserole	1 cup 3/8 cup Beans (Fiesta Dip)	1 cup 1 cup Lettuce Salad* (Dark Green)
	1/2 cup Coleslaw	1/2 cup Carrot Coins, Cooked	1/2 cup Broccoli, Steamed	3/8 cup Celery Sticks	1/2 cup equivalent shredded lettuce, diced tomato (garnish)
		3/8 cup Green Peas		1/4 cup Carrot Sticks	
				FF Ranch	
	16	17	18	19	20
M/MA	2 oz. Ground Turkey & LF Cheese (Ziti)	2 oz. Meat (Stir Fry)	2 oz. Shredded Chicken (BBQ)	2 oz. Beef (Burrito)	2 oz. Hot Turkey and Cheese (Sub)
G/B	2 oz. Whole Grain Pasta—Ziti (Baked)	2 oz. Whole Grain Brown Rice	2 oz. Whole Grain Bun	1 oz. Whole Grain Tortilla	2 oz. Whole Grain Bun
	1 oz. Whole Grain Dinner Roll				
Fruit	1 cup 1/2 cup Fresh Banana	1 cup 1/2 cup Fresh Pineapple Chunks	1 cup 1/2 cup Baked Cinnamon Apples	1 cup 1 cup Fresh Melon(s)	1 cup 1/2 cup Sliced Kiwi
	1/2 cup 100% Apple Juice	1/2 cup Pears	1/4 cup Raisins**	1 cup 1/8 cup Variety Beans (Burrito)	1/2 cup Red Grapes
Veg	1 cup 1/2 cup Baked Potato Wedges	1 cup 1/2 cup Oriental Veg (Stir Fry)	1 cup 1-1/2 cup Lettuce Salad* (Dark Green)	1 cup 3/8 cup Refried Beans	1 cup 1/2 cup Baked Sweet Potato Fries
	1/4 cup Corn	1/2 cup Broccoli (1/4 cup) and Cauliflower (1/4 cup), Steamed	1/8 cup Diced Tomatoes	1/4 cup Tomatoes, Onion (Salsa)	1/4 cup Green Beans
	1/4 cup Sliced Tomatoes		3/8 cup Shredded Carrots	1/4 cup Celery Sticks	1/4 cup Sliced Tomatoes
			FF Dressing	FF Ranch	
	21	<p>The contractor must adhere to each 21-day cycle menu for the first 21 days of meal service. Products may be brand name or equivalent as stipulated in this contract. The contractor is encouraged to incorporate low sodium products. Required average daily calorie range per 5-day week = 750–850 Light, low-fat, non-fat, and sugar-free products/food items to be used as necessary to meet the average daily calorie range.</p>			<p>*Leafy green vegetables: 1 cup counts as 1/2 cup vegetable equivalent                  **Raisins: 1/4 cup counts as 1/2 cup fruit equivalent                  Grains must meet the designated ounce equivalents per the menu guidelines.                  8 oz. milk served daily per meal pattern requirements.</p>
M/MA	2 oz. Gr. Chicken & LF Cheese (Chef Salad)				
G/B	1 oz. Whole Grain Croutons				
	1 oz. Whole Grain Soft Breadstick				
Fruit	1 cup 1/2 cup Fresh Apple				
	1/2 cup 100% Orange Juice				
Veg	1 cup 1 cup Lettuce Salad* (Dark Green)				
	1/4 cup Shredded Carrots, Diced Tomatoes, Sliced Cucumbers				
		<p>In most cases, the serving sizes provided on the 21-day cycle menu(s) are based on the required minimum serving sizes stated in Exhibit C. If the serving sizes for the food items indicated on the menu(s) do not meet the required average daily calorie range and nutrient standards as stated in Exhibit C, the contractor awarded the contract is required to adjust serving sizes and/or provide additional food items as necessary to meet the calorie range and nutrient standards without significantly altering the 21-day cycle menu(s). Prior to submitting a bid, it is the contractor's responsibility to conduct a nutritional analysis of the menu(s) based on the products/brands to be served in order to determine if serving size adjustments and/or additional food items will be necessary. The contractor's bid should take into consideration this determination.</p>			

**(Kindergarten–12th Grade)  
Breakfast**

**Food-Based Meal Pattern  
21-Day Cycle Menu**

**Hot**

**Exhibit B-1**

<p><b>1</b></p> <p>G/B 1 oz. Whole Grain Pancakes</p> <p>G/B or 1 oz. Turkey Sausage</p> <p>M/MA</p> <p>F/V 1/2 c. Fresh Blueberries</p> <p>1/2 c. 100% Pineapple Juice</p> <p>Lite Syrup</p>	<p><b>2</b></p> <p>1 oz. Whole Grain Toast</p> <p>1 oz. Scrambled Eggs w/veggies</p> <p>1/2 c. Mushrooms, Red/Green Peppers, and Onions</p> <p>1/2 c. 100% Orange Juice</p>	<p><b>3</b></p> <p>1 oz. Whole Grain English Muffin</p> <p>1/2 oz. Egg</p> <p>1/2 oz. Lowfat Cheese</p> <p>1/2 c. Orange Wedges</p> <p>1/2 c. 100% Apple Juice</p>	<p><b>4</b></p> <p>2 oz. Whole Grain French Toast</p> <p>1/2 c. Fresh Banana</p> <p>1/2 c. 100% Grape Juice</p> <p>Lite Syrup</p>	<p><b>5</b></p> <p>1 oz. Whole Grain Toast</p> <p>1 oz. Scrambled Eggs</p> <p>1/2 c. Fresh Apple</p> <p>1/2 c. 100% Fruit Punch Juice</p>
<p><b>6</b></p> <p>G/B 1 oz. Oatmeal</p> <p>G/B or 1 oz. Whole Grain Granola Bar</p> <p>M/MA</p> <p>F/V 1/2 c. Cinnamon Apples</p> <p>1/2 c. 100% Pineapple Juice</p>	<p><b>7</b></p> <p>1 oz. Whole Grain Biscuit</p> <p>1/2 oz. Egg</p> <p>1/2 oz. Lowfat Cheese</p> <p>1/4 c. Raisins*</p> <p>1/2 c. 100% Orange Juice</p>	<p><b>8</b></p> <p>2 oz. Whole Grain Waffles</p> <p>1/2 c. Pineapple</p> <p>1/2 c. 100% Apple Juice</p> <p>Lite Syrup</p>	<p><b>9</b></p> <p>2 oz. Whole Grain Bagel w/Cream Cheese</p> <p>1/2 c. Pears</p> <p>1/2 c. 100% Grape Juice</p>	<p><b>10</b></p> <p>1 oz. Hot Whole Grain Cereal</p> <p>1 oz. String Cheese</p> <p>1/2 c. Peaches</p> <p>1/2 c. 100% Fruit Punch Juice</p>
<p><b>11</b></p> <p>G/B 2 oz. Whole Grain French Toast</p> <p>G/B or M/MA</p> <p>F/V 1/2 c. Applesauce</p> <p>1/2 c. 100% Pineapple Juice</p> <p>Lite Syrup</p>	<p><b>12</b></p> <p>1 oz. Whole Grain Toast</p> <p>1 oz. Scrambled Eggs w/veggies</p> <p>1/2 c. Mushrooms, Red/Green Peppers, and Onions</p> <p>1/2 c. 100% Orange Juice</p>	<p><b>13</b></p> <p>1 oz. Whole Grain Pancakes</p> <p>1 oz. Turkey Sausage</p> <p>1/2 c. Mixed Fruit</p> <p>1/2 c. 100% Apple Juice</p> <p>Lite Syrup</p>	<p><b>14</b></p> <p>1 oz. Whole Grain Biscuit</p> <p>1/2 oz. Egg</p> <p>1/2 oz. Lowfat Cheese</p> <p>1/2 c. Orange Wedges</p> <p>1/2 c. 100% Grape Juice</p>	<p><b>15</b></p> <p>2 oz. Whole Grain Bagel w/Low-Fat Cream Cheese</p> <p>1/2 c. Melon Wedges</p> <p>1/2 c. 100% Fruit Punch Juice</p>
<p><b>16</b></p> <p>G/B 2 oz. Whole Grain Waffles</p> <p>G/B or M/MA</p> <p>F/V 1/2 c. Peaches</p> <p>1/2 c. 100% Apple Juice</p> <p>Lite Syrup</p>	<p><b>17</b></p> <p>1 oz. Oatmeal</p> <p>1 oz. Whole Grain Granola Bar</p> <p>1/4 c. Raisins*</p> <p>1/2 c. 100% Pineapple Juice</p>	<p><b>18</b></p> <p>1 oz. Whole Grain Toast</p> <p>1 oz. Scrambled Eggs</p> <p>1/2 c. Fresh Apple</p> <p>1/2 c. 100% Orange Juice</p>	<p><b>19</b></p> <p>2 oz. Whole Grain French Toast</p> <p>1/2 c. Pineapple</p> <p>1/2 c. 100% Fruit Punch Juice</p> <p>Lite Syrup</p>	<p><b>20</b></p> <p>1 oz. Whole Grain English Muffin</p> <p>1/2 oz. Egg</p> <p>1/2 oz. Lowfat Cheese</p> <p>1/2 c. Cinnamon Apples</p> <p>1/2 c. 100% Grape Juice</p>
<p><b>21</b></p> <p>G/B 1 oz. Whole Grain Pancakes</p> <p>G/B or 1 oz. Turkey Sausage</p> <p>M/MA</p> <p>F/V 1/2 c. Mixed Fruit</p> <p>1/2 c. 100% Orange Juice</p> <p>Lite Syrup</p>	<p>The contractor must adhere to each 21-day cycle menu for the first 21 days of meal service. The contractor is encouraged to incorporate low sodium products. Condiments to be included.</p> <p>Products may be brand name or equivalent as stipulated in this contract. Grains and meat/meat alternates must meet the designated ounce equivalents per the menu guidelines.</p> <p>Required average daily calorie range per 5-day week = 450–500 8 oz. milk served daily per meal pattern requirements. *Raisins: 1/4 cup counts as 1/2 cup fruit equivalent.</p> <p>In most cases, the serving sizes provided by the SFA on the 21-day cycle menu(s) are based on the required minimum serving sizes stated in Exhibit C. If the serving sizes for the food items indicated on the menu(s) do not meet the required average daily calorie range and nutrient standards as stated in Exhibit C, the contractor awarded the contract is required to adjust serving sizes and/or provide additional food items as necessary to meet the calorie range and nutrient standards without significantly altering the 21-day cycle menu(s). Prior to submitting a bid, it is the contractor's responsibility to conduct a nutritional analysis of the menu(s) based on the products/brands to be served in order to determine if serving size adjustments and/or additional food items will be necessary. The contractor's bid should take into consideration this determination.</p>			