

SECTION FOUR

MENU AND SERVICE

SALAD (CHOICE) BAR MENU IDEAS

Chef Salad

1. Lettuce
2. Turkey
3. Ham
4. Shredded cheese
5. Cherry tomatoes
6. Eggs
7. Bacon bits
8. Croutons
9. Ranch and French dressing
10. Baby carrots
11. Celery sticks
12. Orange smiles
13. Apple slices
14. Dinner roll or bread stick

Taco/Nacho Bar

1. Lettuce
2. Taco meat
3. Tortilla chips
4. Shredded cheese
5. Tomatoes
6. Black olives
7. Salsa
8. Sour cream
9. French dressing
10. Mandarin oranges
11. Grapes or kiwi
12. Watermelon
13. Tortillas
14. Milk

Baked Potato Bar

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|--------------------|---------------|
| 1. Baked potatoes | |
| 2. Taco meat | |
| 3. Nacho cheese | |
| 4. Chopped onions | |
| 5. Shredded cheese | 9. Broccoli |
| 6. Kidney beans | 10. Jalapeños |
| 7. Tomatoes | 11. Butter |
| 8. Sour cream | 12. Chives |

EXAMPLE 5-DAY CYCLE MENU	
Monday	Chef Salad
Tuesday	Taco/Nacho Salad
Wednesday	Garden Salad
Thursday	Chef Salad
Friday	Pasta Salad

Garden Salad

1. Romaine lettuce and spinach
2. Cherry tomatoes
3. Green peppers
4. Black olives
5. Broccoli or baby carrots
6. Cauliflower or celery
7. Cucumbers
8. Assorted dressings
9. Shredded carrots
10. Croutons
11. Kiwi halves
12. Banana
13. Shredded cheese
14. Sunflower seeds
15. Bacon bits
16. Dinner roll

Pasta Salad Bar

1. Pasta
2. Lettuce
3. Tomatoes
4. Sliced carrots
5. Chopped onions
6. Peas
7. Shredded cheese
8. Broccoli
9. Cauliflower
10. Sliced zucchini
11. Sliced pepperoni
12. Sliced black olives
13. Tuna
14. Italian dressing

LAYOUT OPTIONS AND EXAMPLES

<i>Well 1</i>	<i>Well 2</i>	<i>Well 3</i>	<i>Well 4</i>
<i>Lettuce</i>	<i>Protein choice— Optional, consider 1-2 times/week</i>	<i>Fresh Vegetables</i>	<i>Fruit</i>
Romaine and/or spinach + LCR (equal proportions)	Choose 1-2 daily, vary options: <ul style="list-style-type: none"> • Cottage Cheese • Hard boiled eggs • Bean salad • Soy nuts • Yogurt • Diced meat • Trail mix • Shredded cheese (when menued, such as Mexican entree) 	Choose at least 2 different fresh vegetables each day. Examples: <ul style="list-style-type: none"> • Carrots • Cucumbers, sliced • Jicama sticks • Grape/cherry tomatoes • Cauliflower florets • Broccoli buds • Celery sticks • Radishes • Other school favorites? 	Choose at least 2 different fruit choices. At least 1 must be fresh. Use 4 oz. spoodle for canned fruit.
2 ½ pans OR 1 full pan	2 half pans or 1 full pan	2 half long pans or 4 quarter pans	2 half long pans or 4 quarter pans

If no protein option, then lettuce, 3 vegetables, 3 fruits

<i>Well 1</i>	<i>Well 2</i>	<i>Well 3</i>	<i>Well 4</i>
<i>Lettuce</i>	<i>Fresh Vegetables—2 choices</i>	<i>Fresh Vegetable—1 choice, Fresh fruit 1 choice</i>	<i>Fresh and/or canned fruit</i>

*Consider adding variety of choices throughout the week versus each day

SALAD (CHOICE) BAR LAYOUT EXAMPLES

Choice Bar Diagram

Protein Choice	Menued Fruit	Veggie Option	Lettuce	Veggie Option
Protein Choice	Menued Fruit	Veggie Option	Lettuce	Veggie Option

Examples:

Scenario A

Example: Taco menu

Shredded Lettuce	Shredded Cheddar	Diced Onions	Baby Carrots	Canned Peaches
Shredded Lettuce	Shredded Cheddar	Diced Tomatoes	Baby Carrots	Canned Peaches

Scenario B

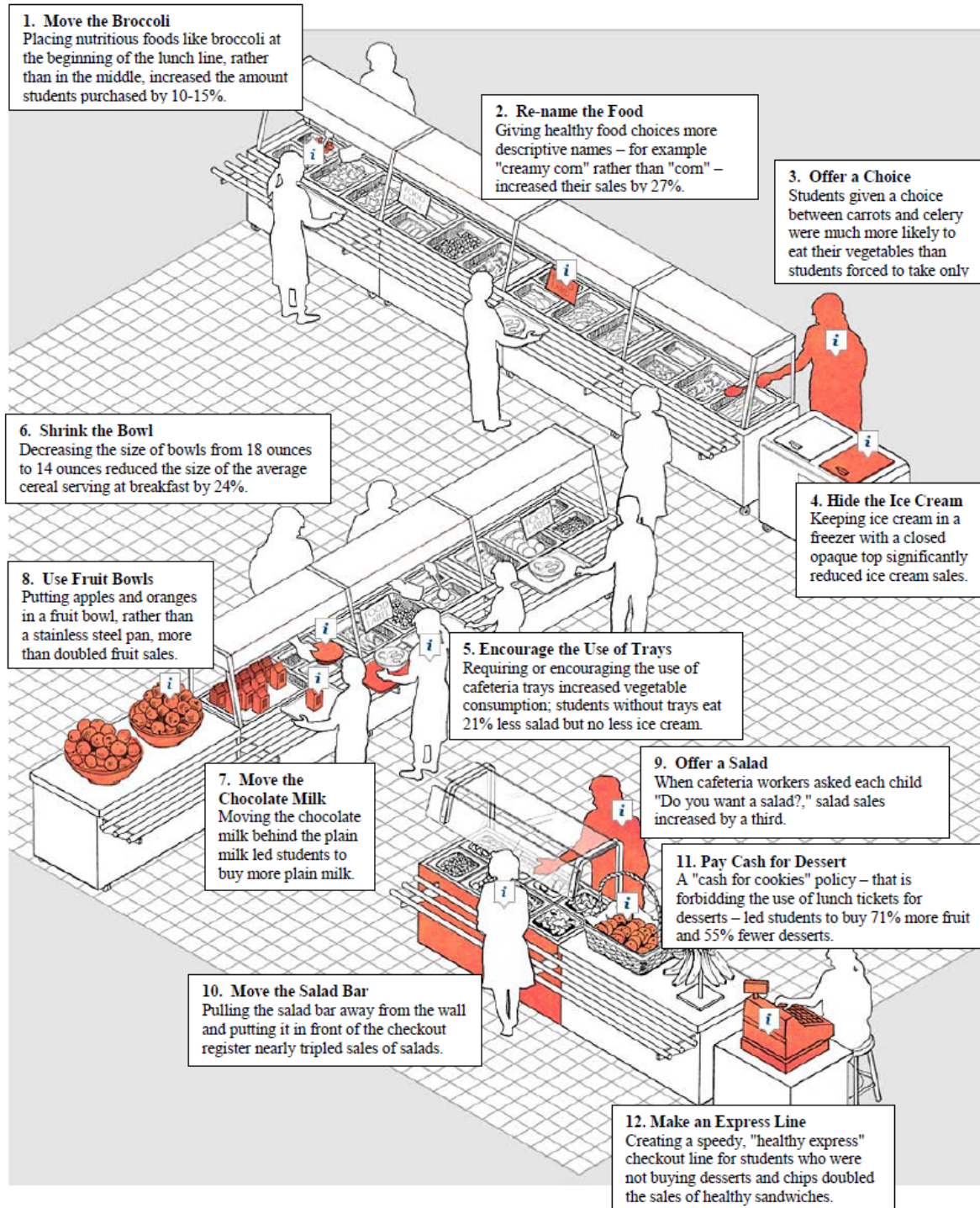
Example: Hamburger menu

Shredded lettuce		Baby carrots	Italian Pasta Salad	Apple Wedges
Diced tomatoes	Diced onions	Pickle chips (menued item)	Italian Pasta Salad	Apple Wedges

5-pan salad bar	
Dressing – 3 bottles (1/4 pan)	Salad Mix (1/2 pan)
Cherry Tomatoes (1/4 pan)	
Chicken (1/4 pan)	Salad Mix (1/2 pan)
Carrots (1/4 pan)	
Onions or leftover slaw (1/4 pan)	Celery (1/4 pan)
Corn (1/4 pan)	Kidney OR Garbanzo beans (1/4 pan)
Green peppers (1/4 pan)	Broccoli/Peas (1/4 pan)
Cottage Cheese OR Egg (alternate daily) or Leftover Egg or Tuna Salad (1/4 pan)	All – Grain salad OR Secondary – Jalapenos Elementary – Canned or cut fruit (1/4 pan)
Fresh fruit –1 full pan, 2–1/2 pans or 4–1/4 pans	
4-pan salad bar	
Fresh Fruit (1/2 pan)	Salad Mix (1/2 pan)
Dressing – 3 bottles (1/4 pan)	Red Peppers (1/4 pan)
Cottage cheese (1/4 pan)	Chicken OR Diced Egg OR Tuna or Egg salad - alternate daily (1/4 pan)
Cherry Tomatoes (1/4 pan)	Celery (1/4 pan)
Carrots (1/4 pan)	Kidney OR Garbanzo beans (1/4 pan)
Jicama or Slaw (1/4 pan)	Cucumber (1/4 pan)
Grain Salads or Corn (peas) (1/4 pan)	Cut or Canned fruit (1/4 pan)

Adapted from The LunchBox www.thelunchbox.org

Redesigning Your Lunch Line



Adapted from Brian Wansink, David R. Just, and Joe McKendry's article, *Lunch Line Redesign* (The New York Times, October 21, 2010, http://www.nytimes.com/interactive/2010/10/21/opinion/20101021_Oplunch.html?scp=1&sq=lunch%20line%20redesign,%20comell&st=cse).

Seasonal Minnesota Fruits

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
apples cantaloupe grapes honeydew plums raspberries watermelon	apples		apples blueberries blackberries cantaloupe currants chokecherries gooseberries grapes honeydew plums raspberries strawberries watermelon

Seasonal Minnesota Dark Green Vegetables

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
arugula bok choy broccoli collard greens dark green leafy lettuce kale mesclun mustard greens romaine lettuce spinach Swiss chard turnip greens watercress	kale	arugula bok choy beet greens collard greens dark green leafy lettuce kale mesclun mustard greens romaine lettuce spinach Swiss chard turnip greens watercress	broccoli collard greens dark green leafy lettuce kale mesclun mustard greens romaine lettuce spinach Swiss chard turnip greens watercress

Seasonal Minnesota Orange Vegetables

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
carrots pumpkin sweet potatoes winter squash	carrots sweet potatoes winter squash	winter squash	carrots pumpkin winter squash

Seasonal Minnesota Starchy and Other Vegetables

Fall	Winter	Spring	Summer
September October November	December January February	March April May	June July August
bean sprouts beets bell peppers Brussels sprouts cabbage cauliflower celery celery root celeriac chicory cucumbers daikon eggplant fennel garlic kohlrabi leeks mushrooms onions radishes rutabaga shallots summer squash sweet corn parsnips potatoes tomatoes turnips	beets cabbage celeriac daikon garlic leeks mushrooms onions parsnips rutabaga shallots turnips potatoes	asparagus bean sprouts cauliflower kohlrabi mushrooms peas potatoes radishes rhubarb scallions turnips	beets bell peppers Brussels sprouts cabbage cauliflower celery celeriac chicory cucumbers eggplant endive daikon fennel garlic green beans kohlrabi mushrooms okra onions parsnips peas potatoes radishes rhubarb rutabaga scallions shallots summer squash