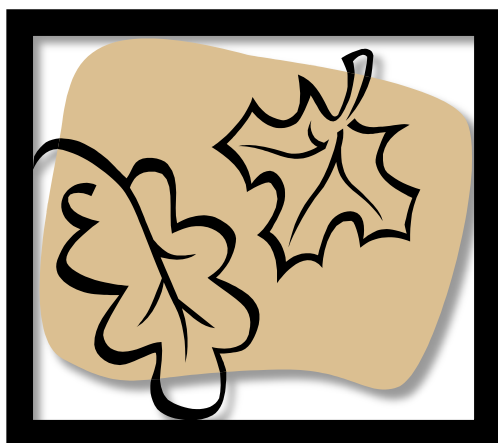


National School Lunch Project



A Taste of Fall: Foods Celebrating the Season

High School Lunch Meal Pattern Grades 9-12

River Hill High School

Group #5: Jennifer Trost, Mary Joy Solheid, Seema Shah, Ashley Roberts, Gabriella Potievsky

ARAMARK Dietetic Internship

October 4, 2015





A Taste of Fall: Foods Celebrating the Season

Many Fall Colors Monday

Tuna Salad
Whole Wheat
Bread with Margarine
Diced Pear in Pear
Juice
Balti Butternut
Squash
1% Milk

Trick or TREAT Tuesday

Whole Wheat Pita
with Grilled Chicken
& Vegetables
Sweet Potato Fries
Pineapple Chunks
Fruit Cup
1% Milk

Harvest Wednesday

Braised Pork Chop
Seasoned Mashed
Cauliflower
Scalloped Apples
Quinoa
1% Milk

Thankful Thursday

Asian Style Tofu
Seven Blend Wild
Rice
Roasted Garlic and
Lemon Brussel
Sprouts
Grilled Apple Rings
1% Milk

Fall Friday

Roasted Turkey
Breast with Gravy
Broccoli with Ginger
and Garlic
Edamame
Brown Rice with
Cranberries
Fresh Grape Fruit
Cup
1% Milk

**Made with In-Season Vegetables
& Fruits*



A Taste of Fall

Aramark NSLP Project Menu Analysis Grades 9-12

Group #5 2.0 Jennifer Trost, Mary Solheid, Seema Shah, Ashley Roberts, Gabriella Potievsky

	<u>Item/Serving Size</u>	<u>Recipe Number</u>	<u>Portion Size</u>	<u>Equivalent</u>	<u>Calories</u>	<u>Sat Fat</u>	<u>Sodium</u>
Many Fall Colors Monday: Butternut Squash and Pear							
Lunch Day 1							
	Plate, Tuna Salad (No Celery), Vegetables	M19703	4 oz	1 Meat or Meat Substitute	198	0.238	280
	Bread, 100% Whole Wheat, Margarine	M20371	3 oz	1 Whole Grain	174	0.634	158
	Fruit, SS, Pear, Diced, In Pear Juice	M32157	8 oz	1 Fruit	114	0.005	5
	Balti, Butternut Squash, Vegetable	M15122	8 oz	1 Vegetable	162	0.352	190
	1% Milk Carton	M17615	1 carton/8oz	8 oz Dairy/Milk Serving	102	0.193	107
	Total				750	1	740
	%Kcal as Sat Fat				2%		
Trick or TREAT Tuesday: Sweet Potato and Pineapple							
Lunch Day 2							
	Pita with Grilled Chicken and Vegetables						
	**Recipe modified from flatbread to whole wheat pita, nutritional analysis adjusted from the M20490 analysis.	M20490	1 large pita/2.25 oz	1 Whole Grain, 1 Meat or Meat Substitute, 1/4 Vegetable, 1/8 Dairy	362	3.882	304
	Sweet Potato Fries	M19918	2.75 oz	1 Vegetable	118	0.331	178
	Pineapple Chunks Fruit Cup	M12644	12 oz	1.5 Fruit	163	0.022	3
	1% Milk Carton	M17615	1 carton/8oz	8 oz Dairy/Milk Serving	102	0.193	107
	Total				745	4	592
	%Kcal as Sat Fat				5%		
Harvest Wednesday: Apples and Cauliflower							
Lunch Day 3							
	Pork Chop, Braised, Apple Juice, Chopped	M21456	1 each	1 Meat or Meat Substitute	193	3.000	36
	Cauliflower, Fresh, Mashed, Seasoned	M10602	1 cup	1 Vegetable	131	2.300	130
	Apples, Scalloped	M1765	1/2 cup	1 Fruit	148	0.542	74
	Quinoa	M9632	1 cup	1 Grain	222	0.427	13
	1% Milk Carton	M17615	1 carton/8oz	8 oz Dairy/Milk Serving	102	0.193	107
	Total				796	6	360
	%Kcal as Sat Fat				7%		
Thankful Thursday: Tofu and Wild Rice							
Lunch Day 4							
	Asian Style Tofu	M5044	3 oz	1 Meat or Meat Substitute	199	1.811	138
	Seven Blend Wild Rice	M32196	1/2 cup	1 Grain	232	0.101	7
	Roasted Garlic and Lemon Brussel Sprouts	M19762	3 oz	1 Vegetable	84	0.386	170
	Grilled Apple Rings	M15924	6 slices	1 Fruit	159	0.456	2
	1% Milk Carton	M17615	1 carton/8oz	8 oz Dairy/Milk Serving	102	0.193	107
	Total				776	3	424
	%Kcal as Sat Fat				3%		
Fall Friday: Turkey and Ginger							
Lunch Day 5							
	Roasted Turkey Breast with Gravy	M21710	1 each	1 2 oz Meat or Meat Substitute	121	1.233	68
	Roasted Broccoli with Ginger and Garlic	M32205	1 cup	1 Vegetable	69	0.000	32
	Edamame	M10717	1 cup	1 Vegetable	189	0.961	9
	Brown Rice with Cranberries	M9655	1 cup	2 oz Grain Equivalent	157	0.400	241
	Fresh Grape Fruit Cup	M12642	1.5 cup	1.5 Fruit	156	0.082	3
	1% Milk Carton	M17615	1 carton/8oz	8 oz Dairy/Milk Serving	102	0.193	107
	Total				794	3	460
	%Kcal as Sat Fat				3%		
Total Average					Calories	Sat Fat	Sodium
	Total				772.2	3.6	
	%Kcal as Sat Fat				4.2%		
	Sodium (mg)						515.1
Required Weekly Average					Calories	Sat Fat	Sodium
	Total Kcal (750-850)				750-850		
	% Kcal as Sat Fat (<10%)					<10	
	*Sodium <=1420 mgs						1420

*Weekly sodium requirement for purposes of this project is < 1, 420mg - Target 1. Per NSLP sodium requirements, final target <= to 740 mg does not need to be reached until 7/2022