

THREE RIVERS CHARTER SCHOOL



NATIONAL
SCHOOL LUNCH
PROGRAM

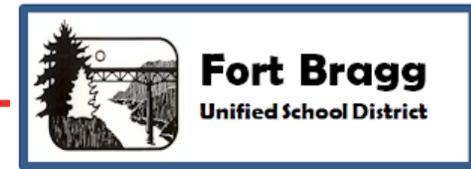
Proposed Options
2022-23 School Year

Meal Pattern Requirements

Measurement abbreviations: Cup = c, Ounce Equivalent = oz eq, Calories = kcal, Grams = g, and Milligrams = mg

Minimum Amount of Food^a Per Week

Meal Components	Grades K–5	Grades K–8	Grades 6–8	Grades 9–12
Fruits^b	2½ c (½ c per day)	2½ c (½ c per day)	2½ c (½ c per day)	5 c (1 c per day)
Vegetables^b	3¾ c (¾ c per day)	3¾ c (¾ c per day)	3¾ c (¾ c per day)	5 c (1 c per day)
Dark Green^c	½ c	½ c	½ c	½ c
Red/Orange^c	¾ c	¾ c	¾ c	1¼ c
Beans and Peas (legumes)^c	½ c	½ c	½ c	½ c
Starchy^c	½ c	½ c	½ c	½ c
Other^{c,d}	½ c	½ c	½ c	¾ c
Additional Vegetables to Reach Total^e	1 c	1 c	1 c	1½ c
Grain Minimums^{*f}	8-9 oz eq (1 oz per day)	8-9 oz eq (1 oz per day)	8-10 oz eq (1 oz per day)	10-12 oz eq (2 oz per day)
Meats/Meat Alternate Minimums[*]	8-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	9-10 oz eq (1 oz per day)	10-12 oz eq (2 oz per day)
Fluid Milk^g	5 c (1 c per day)			



March 2020 Three Rivers Charter School Lunch Menu

All lunches include vegetables, fruit and a choice of non-fat or 1% milk.

Menu subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey Sandwich	3 Ham & Cheese Wrap	4 Chicken Salad Sandwich	5 Veggie & Cheese Wrap	6 Sunbutter & Jelly Sandwich
9 Turkey Sandwich	10 Ham Sandwich	11 Ranch Chicken Wrap	12 Turkey & Cheese Wrap	13 Tuna Sandwich
16 Turkey Sandwich	17 Ham & Cheese Wrap	18 Chicken Salad Sandwich	19 Veggie & Cheese Wrap	20 Sunbutter & Jelly Sandwich
23 Turkey Sandwich	24 Ham Sandwich	25 Ranch Chicken Wrap	26 Turkey & Cheese Wrap	27 Tuna Sandwich
30 Turkey Sandwich	31 Ham & Cheese Wrap			

HARVEST MARKET



WEEK 1

- | | |
|------------------|---|
| Monday | Turkey & Ham Sandwiches |
| Tuesday | Black Bean & Cheese Burritos with a whole wheat tortilla w/ side of corn |
| Wednesday | Veggie Lovers Lasagna with Sauteed Zucchini Squash + piece pesto/parmesan bread |
| Thursday | Vegetarian Black Bean Chili & Cornbread |
| Friday | Turkey & Ham Wraps |

WEEK 2

- | | |
|------------------|---|
| Monday | Chicken and Vegetable Pizza on Sprouted Grain Crust |
| Tuesday | Orange Chicken with Brown Rice and Stir Fried Vegetables (ex: zucchini, red bell pepper, broccoli, carrots) |
| Wednesday | Beef Nachos with homemade tortilla chips and black beans (+ pico de gallo and sour cream) |
| Thursday | Philly Cheesesteak with side of fresh broccoli and carrots (w/ ranch) |
| Friday | Whole Grain Pasta Bake with Sauteed Zucchini |

BUDGET

Based on 40 meals per day

At \$6/meal x 180 school days = \$43,200

Offset \$4/meal National School Lunch Program Reimbursement

= \$14,400

FBUSD

\$14,400

Included

\$10,570

Personnel/Lunch Non Skilled

\$24,970

Total FBUSD

Harvest Market

\$14,400

\$ 3,100

Hopper Dairy (Milk Source \$21.52/case of 50)

\$13,960

Personnel/Nutrition Services Coordinator

\$31,460

Total Harvest Market

Pros

FBUSD complete meals

Nutritional content documentation

Pros

More variety

Includes hot meals

Nutrition Svcs Coord will have CDE training

And liaison w/ CDE rep, alleviating admin work from Director

More flexibility (with options and daily ordering)

Cons

Less variety

Cons

+\$6,490 annual