

Food Group or Subgroup	Serving Size	Lunch Menu – Hot Bar
Protein Foods	3-4 oz. per meal	Choose 1: Grilled Chicken Breast Chicken Tenders (2 each) Grilled Pork Chop Grilled Boston Butt Hamburger Steak
Vegetables	2 servings per meal (1/2 cup each)	Choose 1: Collards (<i>Dark Green, Vitamin A</i>) Green Beans (<i>Other, Vitamin C</i>) Cole Slaw (<i>Other, Vitamin C</i>) Fried Squash (<i>Other, Vitamin C</i>) Baked Beans (<i>Beans, Peas, Lentils</i>) Broccoli Salad (<i>Dark Green, Vitamin C</i>)
		Choose 1: Mashed Potatoes (<i>Starchy Vegetables, Vitamin C</i>) French Fries (<i>Starchy Vegetables, Vitamin C</i>) Potato Salad (<i>Starchy Vegetables, Vitamin C</i>)
Fruits	1 serving per meal (1/2 cup or 1 piece)	Choose 1: Applesauce Fresh Apple (<i>Vitamin C</i>)
Grains	1-2 servings per meal (1-2oz.)	Choose 1: Mac & Cheese Cornbread (<i>Whole Grain</i>) Steamed Rice Pasta Salad
Accompaniments		Butter
Dairy and Alternates	1 serving per meal (8 fl. oz)	Skim Milk