

Food Group or Subgroup	Serving Size	Lunch Menu – Salad Bar	
<b>Protein Foods</b>	3-4 oz. per meal	Choose 1: Grilled Chicken Boiled Eggs Diced Ham	
<b>Vegetables</b>	2 servings per meal (1 cup)	Choose 1: Romaine Lettuce ( <i>Dark Green, Vitamin A, Vitamin C</i> ) Spring Mix ( <i>Dark Green, Vitamin C</i> )	
	(1/2 cup total)	Choose 2: Tomatoes ( <i>Red &amp; Orange, Vitamin A, Vitamin C</i> ) Red Onions ( <i>Other, Vitamin C</i> ) Cucumbers ( <i>Other</i> ) Garbanzo Beans ( <i>Beans, Peas, Lentils</i> ) Edamame ( <i>Beans, Peas, Lentils</i> )	Carrots ( <i>Red &amp; Orange, Vitamin A</i> ) Black Olives Potato Salad ( <i>Starchy, Vitamin C</i> ) Broccoli Salad ( <i>Dark Green, Vitamin C</i> ) Three Bean Salad
<b>Fruits</b>	1 serving per meal (1/2 cup or 1 piece)	Choose 1: Applesauce Fresh Apple ( <i>Vitamin C</i> ) Fruit Cocktail ( <i>Vitamin C</i> )	
<b>Grains</b>	1-2 servings per meal (1-2oz.)	Mac & Cheese Cornbread ( <i>Whole Grain</i> )	Choose 1: Steamed Rice Pasta Salad Goldfish
<b>Accompaniments</b>		Butter Ranch Dressing Poppyseed Dressing Sunflower Seeds	Toasted Sesame Dressing Fat Free Balsamic Dressing Honey Mustard Dressing Croutons
<b>Dairy and Alternates</b>	1 serving per meal (8 fl. oz)	Skim Milk	Additional Options: Cottage Cheese Parmesan Cheese Mixed Blend Cheese