



ACS Winter Menu 2024



Week 1

= plant-based meal

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Muffin Flat 1 Boiled Eggs 2 Fresh Fruit Assortment 1c 1% Milk Juice 6oz <i>Alt. Cold Cereal 1c</i>	Oatmeal 1c Veggie Breakfast Patty Toast 2 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Yogurt</i>	Orange Oat Pancakes 2 Maple Syrup 2 Tbsp Turkey Bacon Fresh Fruit Assortment 1c 1% Milk <i>Alt. Bagel 1, Cream Cheese 1oz, Jelly 1</i>	Home Fries 5c Sautéed Bell Peppers & Onions .5c Veggie Breakfast Patty 1 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Cold Cereal 1c</i>	French Toast 1 Scrambled Cheese Eggs 3oz Juice 6oz Maple Syrup 2Tbsp Fresh Fruit Assortment 1c 1% Milk <i>Alt. Toast 2, Cream Cheese 1oz, Jelly 1</i>	Cornmeal Porridge 1c Veggie Breakfast Patty 1 English Muffin 1 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Boiled Eggs 2</i>	Bagel 1 Scrambled Eggs 3oz Cheese 1oz Fresh Fruit Assortment 1c 1% Milk <i>Alt. Yogurt 1c</i>
LUNCH	Oven-fried Chicken 3oz Waffle 1 Maple Syrup 2Tbsp Berry Garden Salad 1.5c Salad Dressing 2Tbsp Fresh Fruit Assortment 1c 1% Milk <i>Alt. Oven-fried Fish 4oz</i>	Stewed Chicken 3oz Brown Rice 1c Garden Salad 1.5c Salad Dressing 2Tbsp Fresh Fruit Assortment 1c 1% Milk <i>Alt. 3 Bean Chili 1c</i>	Hard Shell Tacos 3 Diced Chicken 3oz Brown Rice 1c Shredded Cheese 1oz Shredded Lettuce 1.5c Diced Tomato .5c Sour Cream 1 Tbsp (0g) Fresh Fruit Assortment 1c Juice 6oz 1% Milk <i>Alt. Ground Turkey 3oz</i>	Cheese Baked Ziti 1c Zucchini Steamed w/ Chickpeas 1.5c Fresh Fruit Assortment 1c 1% Milk Juice 6oz <i>Alt. Pasta Primavera 1c</i>	Chicken Diced 3oz Romaine Lettuce 2c Tomatoes .25c Cucumber .5c Shredded Carrots .25c Roll 1 Salad Dressing 2Tbsp Fresh Fruit Assortment 1c Ice Cream 4oz 1% Milk <i>Alt. Fish Baked 4oz</i>	Curried Chicken 3oz Brown Rice 1c Cabbage and Red Bell Peppers Steamed 1c Fresh Fruit Assortment 1c 1% Milk <i>Alt. Curried Chickpeas 3oz</i>	Broccoli Cheddar Soup 1c Mixed Vegetables 1c Roll 1 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Grilled Cheese Sandwich 1</i>
DINNER	Cheeseburger 1 Sweet Potato Fries .5c Cole Slaw .25c Garden Salad 1.5c Salad Dressing 2Tbsp <i>Alt. Veggie Burger 1</i>	Black Beans 1c Plantains Baked White Rice 1c Green and Red Bell Peppers Sautéed .25c Pico de Gallo .25c Juice 6oz <i>Alt. Lentil Soup 1c</i>	Teriyaki Chicken 3oz Yellow Rice 1c Broccoli and Tomato Roasted 1c <i>Alt. Teriyaki Fish 4oz</i>	Mild Jerk Chicken Thigh 1 White Rice and Pigeon Peas 1c Cabbage and Mixed Vegetables Sautéed 1c <i>Alt. Mild Jerk Veggie Burger 1</i>	Stewed Beef 3oz Mashed Potatoes 1c Broccoli and Red Bell Peppers Steamed 1c <i>Alt. Vegetarian Beans 3oz</i>	Burrito 1 Chicken Strips Baked 3oz Tomato, Corn, and Black Beans .5c White Rice 1c Garden Salad 1.5c Salad Dressing 2Tbsp <i>Alt. Turkey Sandwich 1</i>	Chicken Lo Mein 1.5c Vegetable Medley Sautéed 1c Juice 6oz <i>Alt. Vegetable Lo Mein 1c</i>
SNACKS	Crackers 1 Cheestick 1 Fruit 1c	Fruit Snacks 1 Sun Chips 1 Fruit 1c	Honey Grahams 1 Yogurt 4oz Fruit 1c	Turkey Sandwich 1 Fruit 1c	Kettle Chips Baked 1 Fresh Fruit 1 Fruit 1c	Crackers 1 Cheese Stick 1 Fruit 1c	Sun Chips 1 Fruit Snacks 1 Fruit 1c

- Milk Varieties (1%, lactaid, soy) available at all meals. All juice served is 100% juice, no added sweeteners.
- Meal Alternate is served with all components to make a complete meal. Peanut Butter & Jelly or Cream Cheese & Jelly is also available at all meals.
- At breakfast and lunch, all cereals, sliced bread, rolls, bagels, and wraps are whole grains. More than half of all grains served daily are whole grains.
- 5 servings of seasonal fruits and vegetables are served daily. Each serving of fruit is a 1-cup equivalent. Water is available at meals, snacks, and throughout the day. Ketchup, Mustard, and Hot Sauce available at all meals.



ACS Winter Menu 2024



Week 2

=plant-based meal

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Cornmeal Porridge 1c English Muffin 1 Turkey Bacon 2 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Toast 2, Cream Cheese 1oz, Jelly 1</i>	Muffin Flat 1 Boiled Eggs 2 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Oatmeal 1c</i>	Bagel 1 Veggie Breakfast Patty 1 Cheese 1oz Fresh Fruit Assortment 1c Juice 6oz 1% Milk <i>Alt. Yogurt 1</i>	Home Fries .5c Sautéed Bell Peppers & Onions .5c Scrambled Eggs 4oz Fresh Fruit Assortment 1c 1% Milk <i>Alt. Cold Cereal 1</i>	Pancakes 2 Maple Syrup 2Tbsp Veggie Breakfast Patty 1 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Boiled Eggs 2</i>	Cornmeal Porridge 1c English Muffin 1 Cheese 1oz Fresh Fruit Assortment 1c 1% Milk <i>Alt. Toast 2, Cream Cheese 1oz, Jelly 1</i>	Waffle 1 Maple Syrup 2Tbsp Scrambled Cheese Eggs 3oz Fresh Fruit Assortment 1c Juice 6oz 1% Milk <i>Alt. Cold Cereal 1</i>
LUNCH	Caribbean Chicken Patties 2 Corn on the Cob 1 Garden Salad 1.5c Salad Dressing 2Tbsp Fresh Fruit Assortment 1c Roll 1 1% Milk <i>Alt. Caribbean Veggie Patties 2</i>	Chicken Fried Rice 1c Vegetable Medley Sautéed 1c 1% Milk Fresh Fruit Assortment 1c <i>Alt. Vegetable Fried Rice 1c</i>	Ground Beef Lasagna 1.5c Garlic Roll 1 Garden Salad 1.5c Salad Dressing 2Tbsp Fresh Fruit Assortment 1c 1% Milk <i>Alt. Vegetable Lasagna 1.5c</i>	BBQ Plant-based Meat Stirfry 4oz Candied Yams 1c Roll 1 String Beans 1.5c Fresh Fruit Assortment 1c Juice 6oz 1% Milk <i>Alt. Lentil Soup 1c</i>	Beef Strips 3oz Romaine Lettuce 2c Tomatoes .25c Cucumber .5c Shredded Carrots .25c Roll 1 Salad Dressing 2Tbsp Fresh Fruit Assortment 1c Ice Cream 4oz 1% Milk) <i>Alt. Chicken 3oz</i>	Chicken Oven-fried 3oz Potato Wedges Baked 1c Cole Slaw .5c Kale Roasted 1c 1% Milk Roll 1 Fresh Fruit Assortment 1c Juice 6oz <i>Alt. Fish Oven-fried 4oz</i>	Sancocho Soup 1c Roll 1 Mixed Vegetables Sautéed 1c Fresh Fruit Assortment 1c 1% Milk <i>Alt. Turkey and Cheese Sandwich 1</i>
DINNER	Ground Turkey Chili White Rice 1c Broccoli and Carrots Sautéed 1c <i>Alt. Veggie Chili 1c</i>	Rasta Pasta 1c Vegetarian Beans 3oz String Beans and Red Bell Peppers Steamed 1.5c Juice 6oz <i>Alt. Plant-based Burger w/ Lettuce and Tomato 1</i>	Diced Chicken and Veggies Sautéed 4oz Yellow Rice 1c Spinach Sautéed 1c <i>Alt. Chickpeas and Veggies Sautéed 4oz</i>	Honey Glazed Chicken Thigh Baked 3oz Macaroni and Cheese 1c Mixed Vegetables Steamed 1c <i>Alt. Honey Glazed Fish Baked 4oz</i>	Turkey-A-Roni 1c Shredded Cheese 1oz Garlic Roll 1 Garden Salad 1.5c Salad Dressing 2Tbsp Juice 6oz <i>Alt. Meatless Baked Ziti 1c</i>	Stewed Chicken Leg 1 White Rice 1c Broccoli and Red Bell Peppers Sautéed 1c <i>Alt. Vegetarian Beans 3oz</i>	Garlic Herb Chicken Breast 1 Wide Noodles 1c Garden Salad 1c Salad Dressing 2Tbsp <i>Alt. Pasta Primavera 1c</i>
SNACKS	Animal Crackers 1 Fresh Fruit 1 Fruit 1c	Waffle Grahams 1 Fruit Snacks 1 Fruit 1c	Kettle Chips Baked 1 Yogurt 1 Fruit 1c	Cheese Stick 1 Crackers 1 Fruit 1c	Animal Crackers 1 Sun Chips 1 Fruit 1c	Kettle Chips Baked 1 Fresh Fruit 1 Fruit 1c	Honey Grahams 1 Fruit Snack 1 Fruit 1c

- Milk Varieties (1%, lactaid, soy) available at all meals. All juice served is 100% juice, no added sweeteners.
- Meal Alternate is served with all components to make a complete meal. Peanut Butter & Jelly or Cream Cheese & Jelly is also available at all meals.
- At breakfast and lunch, all cereals, sliced bread, rolls, bagels, and wraps are whole grains. More than half of all grains served daily are whole grains.
- 5 servings of seasonal fruits and vegetables are served daily. Each serving of fruit is a 1-cup equivalent. Water is available at meals, snacks, and throughout the day. Ketchup, Mustard, and Hot Sauce available at all meals.

Shannon Grant-Hailey, RD, CDN

01/09/24