



ACS Spring Menu 2024




Week 1



=plant-based meal

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Grits 1c Scrambled Eggs 3oz 1% Milk Fresh Fruit Assortment 1c <i>Alt. Bagel 1</i>	Danish 1 Boiled Eggs 2 Fresh Fruit Assortment 1c 1% Milk Juice 6oz <i>Alt. Oatmeal 1c</i>	Orange Oat Pancakes 2 Maple Syrup 2 Tbsp Veggie Breakfast Patty 1 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Yogurt 1c</i>	French Toast 1 Maple Syrup 2Tbsp Turkey Bacon 2 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Muffin 1</i>	Home Fries .5c Sautéed Bell Peppers & Onions .5c Juice 6oz Scrambled Eggs 3oz Fresh Fruit Assortment 1c 1% Milk <i>Alt. Cold Cereal 1c</i>	Cornmeal Porridge 1c English Muffin 1 Cream Cheese 1oz Fresh Fruit Assortment 1c 1% Milk <i>Alt. Boiled Eggs 2</i>	Croissant 1 Scrambled Eggs 3oz Fresh Fruit Assortment 1c 1% Milk <i>Alt. Yogurt 1c</i>
LUNCH	Grilled Chicken BLT Sandwich 1 Sweet Potato Fries .5c Cole Slaw .25c Garden Salad 1c Salad Dressing 2Tbsp <i>Alt. Grilled Cheese Sandwich 1</i>	Black Bean Burrito 1 Shredded Cheese 1oz Brown Rice 1c Plantains Baked .5c Mango Salsa 1c Avocado .5c Sour Cream 2Tbsp 1% Milk Juice 6oz <i>Alt. Corn Salad 1c</i>	Stewed Chicken Leg 3oz Brown Rice and Peas 1c Cabbage and Carrots Sautéed 1.5c Fresh Fruit Assortment 1c 1% Milk <i>Alt. Vegetarian Beans 1c</i>	Garlic Butter Salmon 4oz Mashed Potatoes 1c Zucchini Sautéed 1c Fresh Fruit Assortment 1c 1% Milk <i>Alt. Garlic Butter Chicken Breast Baked 1</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>	Vegetable Fried Rice 1c String Beans Sautéed 1.5c Beans 3oz Fresh Fruit Assortment 1c 1% Milk <i>Alt. Grilled Cheese Sandwich 1</i>	Lentil Potato Soup 1c Garden Salad 1.5c Salad Dressing 2Tbsp Roll 1 Apricots 1c 1% Milk <i>Alt. Chicken Salad Sandwich 1</i>
DINNER	Chicken Baked Ziti 1c Broccoli and Carrots Steamed 1c Juice 6oz <i>Alt. Vegetable Baked Ziti 1c</i>	Honey Glazed Chicken Breast 3oz White Rice 1c Spinach Sautéed 1c <i>Alt. Honey Glazed Tilapia 4oz</i>	Chicken Stir fry 3oz Yellow Rice 1c String Beans Sautéed 1.5c Glazed Carrots .5c <i>Alt. Vegetarian Beans 3oz</i>	Teriyaki Beef 3oz Noodles 1c Broccoli and Tomato Roasted 1c Juice 6oz <i>Alt. Teriyaki Chicken Baked 3oz</i>	Ground Turkey Chili 1c White Rice 1c Shredded Cheese 1oz Sour Cream 2Tbsp Mixed Vegetables 1c <i>Alt. Veggie Burger with Lettuce and Tomato 1</i>	BBQ Beef Ribs Baked 4oz Macaroni and Cheese 1c Collard Greens 1c Corn Bread 1 sq <i>Alt. BBQ Chicken Leg Baked 3oz</i>	Ground Turkey Meat Sauce 1c Spaghetti 1c Broccoli Sautéed 1c Juice 6oz <i>Alt. Vegetable Medley Spaghetti 1c</i>
SNACKS	Crackers 1 Cheestick 1 Fruit Salad 1c	Fruit Snacks Sun Chips 1 Fresh Fruit 1	Honey Grahams 1 Yogurt 4oz Fruit Cup 1	Turkey Sandwich 1 Apricots 1c	Kettle Chips Baked 1 Fresh Fruit 1 Fruit 1c	Crackers 1 Cheese Stick 1 Grapes 1c	Sun Chips 1 Fruit Snacks 1 Fruit Cup 1

- 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.



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BREAKFAST	Muffin Flat 1 Boiled Eggs 2 Fresh Fruit Assortment 1c 1% Milk Juice 6oz <i>Alt. Oatmeal 1c</i>	Waffles 1 Veggie Breakfast Patty 1 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Cold Cereal 1c</i>	Croissant 1 Scrambled Eggs 3oz Fresh Fruit Assortment 1c 1% Milk Juice 6oz <i>Alt. Danish 1</i>	French Toast 1 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. Cold Cereal 1</i>	Home Fries 5c Sautéed Bell Peppers & Onions .5c Scrambled Eggs 3oz Fresh Fruit Assortment 1c 1% Milk <i>Alt. Yogurt 1c</i>	Cheese Grits 1c Scrambled Eggs 3oz Turkey Bacon 2 Fresh Fruit Assortment 1c 1% Milk <i>Alt. Toast 2, Margarine 1</i>
LUNCH	Chicken Pasta 1.5c Garden Salad 1.5c Salad Dressing 2Tbsp Fresh Fruit Assortment 1c Garlic Roll 1 1% Milk <i>Alt. Pasta Primavera 1.5c</i>	Plant-based Stir-fry 1c Brown Rice 1c Vegetarian Beans 3oz Cheesy Broccoli 1c Fresh Fruit Assortment 1c Juice 6oz 1% Milk <i>Alt. Grilled Cheese Sandwich 1</i> 	Tacos 3 Chicken Diced 3oz Brown Rice 1c Shredded Lettuce 1.5c Mango Salsa 1c Avocado .5c 1% Milk Fresh Fruit Assortment 1c <i>Alt. Fish Baked 4oz</i>	Oxtail 3oz Brown Rice and Beans 1c Cabbage and Carrots Sautéed 1c 1% Milk Fresh Fruit Assortment 1c Juice 6oz <i>Alt. Chicken Stewed 3oz</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. Turkey Diced 3oz</i>	Macaroni and Cheese Baked 1c Collard Greens 1c Sweet Potato 1c Roll 1 Fresh Fruit Assortment 1c 1% Milk Juice 6oz <i>Alt. Plant-based Stir-fry 1c</i> 	Sancocho Soup 1c Roll 1 (30g) Garden Salad 1.5c Salad Dressing 2Tbsp Apricots 1c 1% Milk <i>Alt. Turkey and Cheese Sandwich 1</i>
DINNER	Coconut Curry Chicken Stew 3oz White Rice 1c Mixed Vegetables 1c <i>Alt. Coconut Curry Salmon Baked 4oz</i>	Lemon Herb Chicken Breast Baked 1 Wide Noodles 1c Broccoli and Carrots Steamed 1c <i>Alt. Lemon Herb Tilapia Baked 4oz</i>	Steak and Onions Baked 4oz Mashed Potatoes 1c Garlic Spinach Sautéed 1c <i>Alt. Chickpea Stew 3oz</i>	BBQ Chicken Leg Baked 3oz Yellow Rice 1c Kale Roasted 1c <i>Alt. Kidney Beans 3oz</i>	Ground Turkey Meat Sauce 3oz Penne Pasta 1c Mixed Vegetables Steamed 1c Juice 6oz <i>Alt. Penne Primavera 1.5c</i>	Honey Glazed Chicken Breast Baked 1 White Rice 1c Garden Salad 1.5c <i>Alt. Honey Glazed Tilapia Baked 4oz</i>	Caribbean Chicken Patties 2 Yellow Rice 1c Cabbage and Carrots Sautéed 1c Juice 6oz <i>Alt. Caribbean Veggie Patties 2</i>
SNACKS	Animal Crackers 1 Fresh Fruit 1 Fruit Salad 1c	Waffle Grahams 1 Fruit Snacks 1 Fresh Fruit 1	Kettle Chips Baked 1 Yogurt 1 Fruit Cup 1	Peanut Butter and Jelly Sandwich 1 Apricots 1c	Animal Crackers 1 Sun Chips 1 Fresh Fruit 1	Kettle Chips Baked 1 Grapes 1c	Honey Grahams 1 Fruit Snack 1 Fruit Cup 1

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