

Greater Hope Christian Academy breakfast working menu

Sponsor #	Sponsor	Contact Name
226511922	Greater Hope Christian Academy	Marilynn Miles

Grade Group **K-12**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Apple Sauce, muffin, cheese	Fruit, muffin, cheese	Sauge, egg, and cheese on bread , apple sauce	Apple sauce, cereal , cheese	Fruit, cereal, cheese
Fruits 100% Juice <i>(no more than ½ of total fruit)</i> Daily minimum: 1 cup	Item	Sunsource Apple sauces	Sun Cup Mixed fruit	Sun source Apple sauce	Sun source apple sauce	Sun Cup Mixed Fruit cups
	Portion in cups	4 OZ	4.5 OZ	4 OZ	4 OZ	4.5 OZ
	2 nd Item (If planned)				Sun Valley seedless raisin	
	Portion in cups				1.33 oz	
Grains (2nd item may be M/MA) Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	Muffin town Blueberry muffin	Muffin town Cranberry Muffin	Toasted bread	Chex cereal	Chex cereal
	Portion	2 OZ	2 oz	2 slices	1 bowl 28 g	1 bowl 28 g
	Contribution (oz. eq.)					
	2 nd Item (If planned)			Egg		
	Portion			1.5		
	Contribution (oz. eq.)					
Other Foods/ Condiments (If planned)	Item	Upstate farm Cheese stick	Upstate Farm cheese	Farmland Turkey sausage	Upstate Farm Cheese 1	Upstate farm Cheese
	Portion size	1 oz	1oz	1.47 gr	1 oz	1 oz
	Item			cheese		
	Portion size			1 oz		

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	1%		
Fluid oz.	4oz	4oz		

Notes: September 2023
 Milk daily
 Pre k and K eat at the same time.
 This is a working menu.

Grades K-8 Lunch Menu

Sponsor #	Sponsor	Contact Name
226511922	Greater Hope Christian Academy	Marilynn Miles

Grade Group: **K-8**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Fish stick/hot dogs and baked beans	Chicken salad wrap, hamburger wrap	Chicken Nuggets/fries	Turkey and cheese	Pizza and lettuce and tomatoes
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	USDA Fish sticks	USDA Chicken Strips	Chicken nuggets	Jennie Turkey Ham	Mozzarella Cheese
	Portion	1 oz	1 oz	1 oz	2oz	3.6 oz
	Contribution (oz. eq.)	Ranch dressing	Mayonaisse			
	2 nd Item (If planned)	Hot dogs	hamburger		Slice cheesecheese	
	Portion	1 oz	1 oz		1 oz	
	Contribution (oz. eq.)		Sloppy joe sauce			
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	Strohman bread	Mission Tortilla wrap	Hawaaiian roll	Ritz wheat crackers	
	Portion	1 slice 1oz	1.6 oz	1 oz	¾ oz	1.76 oz
	Contribution (oz. eq.)					
	2 nd Item (If planned)	Hot dog roll	Mission tortilla wrap		Keebler Graham Cracker	
	Portion	1 oz	1.6 oz		¾ oz	
	Contribution (oz. eq.)			Ketchup packet		
Fruits If planned, 100% Juice can be no more than ½ of total (e.g. ¼ cup) Daily minimum:	Item	Sun cup Mixed Fruit cup	Sun cup Mixed Fruit cup	Sun source Apple sauce	Sun cup Mixed Fruit cup	Sun cup Mixed Fruit cup
	Portion in cups	4.5 oz	4.5 oz	4 oz	4.5 oz	4.5 oz
	2 nd Item (If planned)					

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

Month _____ 2023

Grades K-8 Lunch Menu

1/2 cup	Portion in cups					
Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item		Lettuce		Celery sticks	Lettuce
	Portion in cups		½ cup		2 small 3" stalks	½ cup
Red/Orange Weekly minimum: 3/4 cup	Item		tomatoes			Tomatoes
	Portion in cups		½ cup			¼ cup
Beans Weekly minimum: 1/2 cup	Item	Baked Beans				
	Portion in cups	3/4 cup				
Starchy Weekly minimum: 1/2 cup	Item			fries		
	Portion in cups			½ cup		
Other Vegetables Weekly minimum: 1/2 cup	Item				onion	
	Portion in cups					
Other Foods	Item					
	Portion in cups					
Condiments	Item					
	Portion size					

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 cup per week for grades K-8.

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	1%		
Fluid oz.	4 oz	4 oz		

Notes: working menu
Water at each meal

Grades 9-12 Lunch Menu

Sponsor #	Sponsor	Contact Name
226511922	Greater Hope Christian Academy	Marilynn Miles

Grade Group: **K-8**

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS ↓	MENU NAME →	Fish stick/hot dogs and baked beans	Chicken salad wrap, hamburger wrap	Chicken Nuggets/fries	Turkey and cheese	Pizza and lettuce and tomatoes
Meat/Meat Alternates Daily minimum: 1 oz. eq. Weekly minimum: 9 oz. eq.	Item	USDA Fish sticks	USDA Chicken Strips	Chicken nuggets	Jennie Turkey Ham	Mozzarella Cheese
	Portion	1 oz	1 oz	1 oz	2oz	3.6 oz
	Contribution (oz. eq.)	Ranch dressing	Mayonaisse			
	2 nd Item (If planned)	Hot dogs	hamburger		Slice cheesecheese	
	Portion	1 oz	1 oz		1 oz	
	Contribution (oz. eq.)		Sloppy joe sauce			
Grains Daily minimum: 1 oz. eq. Weekly minimum: 8 oz. eq.	Item	Strohman bread	Mission Tortilla wrap	Hawaaiian roll	Ritz wheat crackers	
	Portion	1 slice 1oz	1.6 oz	1 oz	¾ oz	1.76 oz
	Contribution (oz. eq.)					
	2 nd Item (If planned)	Hot dog roll	Mission tortilla wrap		Keebler Graham Cracker	
	Portion	1 oz	1.6 oz		¾ oz	
	Contribution (oz. eq.)			Ketchup packet		
Fruits If planned, 100% Juice can be no more than ½ of total (e.g. ¼ cup) Daily minimum:	Item	Sun cup Mixed Fruit cup	Sun cup Mixed Fruit cup	Sun source Apple sauce	Sun cup Mixed Fruit cup	Sun cup Mixed Fruit cup
	Portion in cups	4.5 oz	4.5 oz	4 oz	4.5 oz	4.5 oz
	2 nd Item (If planned)					

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

Month _____ 2023

Grades 9-12 Lunch Menu

1/2 cup	Portion in cups					
Vegetables Minimum 3/4 cup per day		Day 1	Day 2	Day 3	Day 4	Day 5
Dark Green Weekly minimum: 1/2 cup	Item		Lettuce		Celery sticks	Lettuce
	Portion in cups		½ cup		4 small 3" stalks	3/4 cup
Red/Orange Weekly minimum: 3/4 cup	Item		tomatoes			Tomatoes
	Portion in cups		½ cup			¾ cup
Beans Weekly minimum: 1/2 cup	Item	Baked Beans				
	Portion in cups	1 cup				
Starchy Weekly minimum: 1/2 cup	Item			fries		
	Portion in cups			1 cup		
Other Vegetables Weekly minimum: 1/2 cup	Item					
	Portion in cups					
Other Foods	Item					
	Portion in cups					
Condiments	Item					
	Portion size					

****Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 cup per week for grades K-8.

Daily Milk	White	Chocolate	Strawberry	Other (specify)
Fat content	1%	1%		
Fluid oz.	4 oz	4 oz		

Notes: working menu
Water at each meal

Abbreviations: oz. eq. = ounce equivalent, WGR = whole grain-rich, M/MA = meats/meat alternates

Month _____ 2023

Greater Hope Afterschool Snack Working Menu

Sponsor #	Sponsor	Contact Name	Ages
226511922	Greater Hope Christian Academy	Marilynn Miles	6-12

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS (Offer 2 Daily) ↓	MENU NAME →	Goldfish crackers and juice	Pretzels , cheese sticks	Graham crackers and milk	Raisins and cheese	Apple sauce, pretzels
Milk Minimum: 1 cup	Flavor & Fat content			Clover Farms 1% chocolate milk		
	Portion in oz.			4oz		
Fruits/Vegetables 100% Juice Minimum: 3/4 cup	Item	Sun Cup 100% orange/tangerine			Sun Valley seedless raisins	Sun source apple sauce
	Portion in cups	6.75 oz			1 .33 oz	1 cup
Grains Minimum: 1 oz. eq.	Item	Pepperidge farm whole grain Goldfish crackers	Roll gold pretzels	Chocolate bear grahams		Roll gold Pretzels
	Portion in oz.	.75 oz	1oz	1.023oz	1 oz	1oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item		Upstate farm Cheese sticks		Upstate Farms Cheese sticks	
	Portion size or oz.		1 oz		1oz	
Other Foods & Condiments	Item					
	Portion size					
	Item					
	Portion size					

Notes: working menu, spring water with each meal.