

## CHAMPSS Lunch and Dinner Choices

11:00 AM – 7:00 PM

### **Meat Choices = 3 oz.**

Baked chicken, smoked turkey, meatloaf, smoked pork loin, beef brisket or pulled pork

*Baked chicken=1 breast, or 1 thigh & 1 wing, or 2 drumsticks*

\*\*Lunch only: 1 quesadilla (chicken or pork)

\*\*Dinner only: BBQ chicken quarter (thigh & leg)

Fish Entrée = 5 oz.

Salmon or tilapia (baked)

### **Vegetable/Starch = 1/2 cup each (choose 2)**

5-Way veggie blend, baked beans, corn, fresh steamed vegetables, green beans, green bean almondine, mashed potatoes w/gravy, roasted parmesan red potatoes **OR** (selection from cold salad case: 4 bean salad, broccoli supreme salad, chop chop salad, pickled beets, tomato roughly)

### **Fruit = ¾ cup or 1 pc whole fruit**

Fresh fruit cup (when available) or apple, banana, orange

### **Grains = 2 oz.**

1 wheat roll or 1 slice of wheat bread

## Italian Meals

### **Spaghetti and Meatballs Meal**

1c cooked pasta, ½ c marinara sauce, 3-1oz meatballs, 1 CHAMPSS side salad\*, fruit

\* • 2 cups veggies/greens

(greens include lettuce, spinach, romaine, kale, mixed spring greens)

⇒ select from available Salad Bar options

• 2 Tbsp. light salad dressing

### **Pizza Meal**

2 slices (thin crust), plain cheese, hamburger or veggie toppings, 1 CHAMPSS side salad\* see above, fruit

## Chinese Meals

1 c approved entrée, 1 c steamed rice, fortune cookie, fruit

**Meals are served with 1% white or chocolate milk. Menu items are subject to change. \*\*not available at all stores**

Menu approved by Courtney Kruse RD, LD

9/13/18

## CHAMPSS Approved BREAKFAST

8:00-11:00 A.M.

Choose from the following CHAMPSS approved Food Groups:

**Meats:** 2 eggs, any method +

2 turkey sausage links/patties or 2 turkey bacon slices

OR

2 egg omelet with ½ c vegetables +

2 turkey sausage links/patties or 2 turkey bacon slices

**Grains:** 2 slices wheat toast or 1 cup oatmeal or 1 English muffin

**Fruits:** Choose 2

Apple, banana, orange or 8 oz. - 100 % fruit juice or 3/4 cup mixed melon chunks or 3/4 c fruit cocktail. Fresh fruit cup (when available).

**Dairy:** 1 – 8 oz. serving of 1% white or chocolate milk

### **Soup and Sandwich Meal (11:00 AM – 7:00 PM)**

1 – 6 oz. serving Chicken Noodle or Beefy Vegetable soup w/crackers (2 pkgs)

½ sandwich –Seasoned Italian Roast Beef or low sodium turkey w/lettuce, tomato, pickle & cheese. **OR** ½ sandwich -Tuna Salad (w/lettuce, tomato optional—no cheese)

1 – Whole fruit or ¾ cup fresh fruit cup (when available)

1 – 8 oz. serving of 1% white or chocolate milk

### **CHAMPSS approved SALAD MEAL (small size) (11:00 AM – 7:00 PM)**

Choose 1 small DiLusso Salad:

DiLusso Berry Chicken Salad

DiLusso Chef Salad

DiLusso Regular Garden Salad

+ 1 wheat dinner roll & fruit

### **Dietitian's Choice Lunch Box (11:00 AM – 7:00 PM)**

Currently only available at the Mission, Olathe, Overland Park and Prairie Village stores.

**Meals are served with 1% white or chocolate milk. Menu items are subject to change.**

Menu approved by Courtney Kruse RD, LD

09/13/18