

SEPTEMBER 2010

Module—1
Grade 7-12

Mon	Tue	Wed	Thu	Fri
<i>Breaded Steak w/ brown Gravy Chef salad Mashed Potatoes Sweet Peas Assorted Fruit Juice Pineapple Chunks Wheat Roll Fruit Cobbler Milks, Variety</i>	<i>BBQ Chicken Macaroni and Cheese Chef Salad Pinto Beans Steamed Cabbage Peach Slices Cornbread Milks, Variety</i>	<i>Cheeseburger Chef Salad Baked Beans Garden Salad with dressings Fresh Fruit Bowl Condiment Mix Blueberry Muffins Milks, Variety</i>	<i>Chicken Nuggets Chef salad Black-eyed Peas Eggplant Casserole Chilled Pear Slices Cornbread Applesauce Cake Milks, Variety</i>	<i>Chicken Spaghetti Chef salad Green Beans Garden Salad with Dressings Sliced Strawberries Cornbread Ice Cream cup Milks, Variety</i>

SEPTEMBER 2010

Module—2
Grade 7-12

Mon	Tue	Wed	Thu	Fri
<i>Taco Salad</i> <i>Grilled Chicken sandwich</i> <i>Ranch Parmesan Pasta</i> <i>Chicken</i> <i>Chef Salad</i> <i>Pinto Beans</i> <i>Whole Kernel Corn</i> <i>Garden Salad with Dressings</i> <i>Rosey Applesauce</i> <i>Fresh Bananas</i> <i>Apple & Orange Wedges</i> <i>Milk, Variety</i> <i>Fruit Juice</i> <i>Taco sauce</i> <i>Yeast Roll</i> <i>Ketchup Mayo</i> <i>Mustard</i> <i>Saltine Crackers</i> <i>Pudding, Chocolate FF</i>	<i>Ham and Turkey Sub-</i> <i>marine Sandwich</i> <i>Lemon Pepper Baked</i> <i>Chicken</i> <i>Red Beans and Rice</i> <i>with Sausage</i> <i>Chef salad</i> <i>French Fries</i> <i>California Veggies</i> <i>Corn on the Cob</i> <i>Pineapple Tidbits</i> <i>Fresh Fruit Bowl</i> <i>Mandarin Fruit Cup</i> <i>Milk, Variety</i> <i>Peanut Butter Chews</i> <i>Ketchup Mustard</i> <i>Mayo</i> <i>Whole Wheat Roll</i>	<i>Fish Nuggets</i> <i>Chef salad</i> <i>Southwestern Chicken</i> <i>Sandwich</i> <i>Taco Soup</i> <i>Creamy Coleslaw</i> <i>Southern Greens</i> <i>Tater Tots</i> <i>Mandarin Fruit Cup</i> <i>Fresh Kiwi Wedges</i> <i>Tropical Apples</i> <i>Northern Mississippi</i> <i>Cornbread</i> <i>Milk, Variety</i> <i>Ketchup</i> <i>Tater Sauce</i> <i>Hot Sauce</i> <i>Saltine Crackers</i>	<i>Pizza, Pepperoni W. G.</i> <i>Chef Salad</i> <i>BBQ Rib Sandwich</i> <i>Fruit and Yogurt Plate</i> <i>Fied Peas</i> <i>Rice</i> <i>Turnip Greens</i> <i>Banana Berry Blend</i> <i>Fresh Grapes</i> <i>Fresh Fruit Bowl</i> <i>Cornbread</i> <i>Fruit Juice</i> <i>Milk, Variety</i> <i>Chocolate Pudding</i>	<i>Southern Fried Chicken</i> <i>Chef salad</i> <i>Hamburger Steak w/Brown</i> <i>Gravy</i> <i>Chili Dog</i> <i>Whipped Potatoes</i> <i>Mixed Vegetables</i> <i>Garden salad w/ Dressings</i> <i>Assorted Fruit Juice</i> <i>Fruit Cocktail</i> <i>Whole Wheat Roll</i> <i>Saltine Crackers</i> <i>Milk, Variety</i> <i>Brown Gravy</i> <i>Ketchup</i> <i>Assorted Sherbert</i>

SEPTEMBER 2010

Module—3
Grade 7-12

Mon	Tue	Wed	Thu	Fri
<i>Lasagna</i> <i>Spicy Chicken sandwich</i> <i>Corn on the cob</i> <i>Tossed Salad w/dressings</i> <i>Fruit Juice 4oz Variety</i> <i>Fruit Cobbler</i> <i>Yeast Roll</i> <i>Variety of Milks</i> <i>Mayonnaise</i> <i>Ketchup</i> <i>Mustard</i>	<i>Hamburger Steak w/Gravy</i> <i>Fish Sandwich w/cheese</i> <i>Green Beans</i> <i>Mashed Potatoes</i> <i>Applesauce</i> <i>Fruit Juice 4oz variety</i> <i>Variety of Milks</i> <i>Mayonnaise</i> <i>Ketchup</i> <i>Mustard</i>	<i>Variety of Pizza WG</i> <i>Spicy Chicken Sandwich</i> <i>Corn on Cob 5"</i> <i>Baked Beans, season mix</i> <i>Fruit Cocktail</i> <i>Fruit Juice 4oz Variety</i> <i>Variety of Milks</i> <i>Saltine Crackers</i> <i>Mayonnaise</i> <i>Ketchup</i> <i>Mustard</i> <i>Rice Krispie Treat</i>	<i>Cheeseburger Pie</i> <i>Grilled Chicken Sandwich</i> <i>Potato Round Baked</i> <i>Steamed Carrots</i> <i>Chilled Pears</i> <i>Fruit Juice 4oz variety</i> <i>Variety of Milks</i> <i>Mayonnaise</i> <i>Mustard</i> <i>Ketchup</i>	<i>Beef Taco w soft shell</i> <i>Corn Dog Nugget</i> <i>Green Peas</i> <i>San Antonio Beans</i> <i>Fruit Juice 4oz</i> <i>Chilled Pears</i> <i>Variety of Milks</i> <i>Mayonnaise</i> <i>Ketchup</i> <i>Sauce, BBQ</i> <i>Sauce, Taco</i> <i>Sour cream PC</i>

Module: 1

Grade: 7-12

<h2>Menu Planning Check list Answer Key</h2>
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REQUIREMENTS	YES	NO	COMMENTS
1. Offer minimum one fresh fruit or fresh vegetable choice daily.	Yes		
2. Minimum of three different fruits and five different vegetables weekly.	Yes		
3. Try to serve dark green leafy vegetables/ and or orange vegetables (high in vitamin A) or fruit three times per week.	Yes		Steamed Carrots, Fresh Garden Salad (yes if the GS is made with dark green leafy vegetables) milk is fortified with Vitamin A
4. Offer Milk choices maximum fat content 1% . Flavored nonfat or low-fat, no more than 160 calories per 8-ounce serving.		No	Made be hard to tell, but the old recipes was made with 2% milk not skim. (July 1, 2010 new bid have the changes)
5. 100% fruit and vegetable juice no added sugar.	Yes		If your district is on state bid (OCN) you meet the requirements
6. Comply with existing USDA NSLP meal pattern requirements (meat/meat alternate, vegetable/fruit, grains/breads, and milk).	Yes		
7. Meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and maximum 30% calories from fat and less than 10% from saturated fat.			Software is needed in order to do a nutrient analysis to determine if it meets USDA requirements.
8. Small quantity of fried products served weekly.	Yes		
9. Serving whole grain products at least 3 days per week (not the same one each day).		No	Served none for this week
Ascetic, appearing, and students acceptability			You are offering lots of beans. Will your students accept this menu?

Sources: A menu planner for healthy school meals and Mississippi Healthy Students Act—Senate bill 2369

Module: 2

Grade: 7-12

Menu Planning Check list Answer Key

REQUIREMENTS	YES	NO	COMMENTS
1. Serve at least one fresh fruit or fresh vegetable daily.	YES		
2. Minimum of three different fruits and five different vegetables weekly.	Yes		
3. Offer dark green leafy vegetables/ and or orange vegetables (high in vitamin A) or fruit three times per week.	Yes		
4. Offer Milk choices maximum fat content 1% . Flavored nonfat or low-fat, no more than 160 calories per 8-ounce serving.		No	Made be hard to tell, but the old recipes was made with 2% milk not skim. (July 1, 2010 new bid have the changes)
5. 100% fruit and vegetable juice no added sugar.	Yes		If your district is on state bid (OCN) you meet the requirements
6. Comply with existing USDA NSLP meal pattern requirements (meat/meat alternate, vegetable/fruit, grains/breads, and milk).	Yes		
7. Meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and maximum 30% calories from fat and less than 10% from saturated fat.			Software is needed in order to do a nutrient analysis to determine if it meets USDA requirements.
8. Small quantity of fried products served weekly.			Can't tell about FF, Fish Nuggets, Tater Tots, & Southern Fried Chicken
9. Serving whole grain products at least 3 days per week (not the same one each day).		No	Only two WG products qualify (Whole Wheat Roll & Pizza crust) one more different WG (If the Taco shell are tortilla or corn chips it meet the requirements
Ascetic, appearing, and students acceptability			

Sources: A menu planner for healthy school meals and Mississippi Healthy Students Act—Senate bill 2369

Module: 3

Grade: 7-12

Menu Planning Check list Answer Key

REQUIREMENTS	YES	NO	COMMENTS
1. Serve at least one fresh fruit or fresh vegetable daily.		No	Mon. = Tossed Salad (Not enough fresh fruits or vegetables)
2. Minimum of three different fruits and five different vegetables weekly.	Yes		
3. Offer dark green leafy vegetables/ and or orange vegetables (high in vitamin A) or fruit three times per week.		No	Steamed Carrot & Tossed Salad
4. Offer Milk choices maximum fat content 1% . Flavored nonfat or low-fat, no more than 160 calories per 8-ounce serving.		No	Made be hard to tell, but the old recipes was made with 2% milk not skim. (July 1, 2010 new bid have the changes)
5. 100% fruit and vegetable juice no added sugar.	Yes		If your district is on state bid (OCN) you meet the requirements
6. Comply with existing USDA NSLP meal pattern requirements (meat/meat alternate, vegetable/fruit, grains/breads, and milk).	Yes		
7. Meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and maximum 30% calories from fat and less than 10% from saturated fat.			Software is needed in order to do a nutrient analysis to determine if it meets USDA requirements.
8. Small quantity of fried products served weekly.	Yes		
9. Serving whole grain products at least 3 days per week (not the same one each day).		No	Pizza Crust
Ascetic, appealing, and students acceptability			More varieties or fruits and vegetables. What the mayo for on Friday?

Sources: A menu planner for healthy school meals and Mississippi Healthy Students Act—Senate bill 2369

SEPTEMBER 2010

**Module –1
Grade K-6**

Mon	Tue	Wed	Thu	Fri
<i>Pizza with a variety of topping WG</i>	<i>Hamburger</i>	<i>Chili Con Carne with Beans</i>	<i>Spaghetti with Meat Sauce</i>	<i>Beef Taco with Crispy Shell</i>
<i>Chef Salad</i>	<i>Chicken Gumbo over Rice</i>	<i>Tuna Salad with Crackers</i>	<i>Chef Salad</i>	<i>Chicken and Dumplings</i>
<i>Chicken Nachos</i>	<i>Fruit and Yogurt Plate</i>	<i>Chicken Quesadillas</i>	<i>Ham and Cheesy Wrap</i>	<i>Chef Salad</i>
<i>Whole Kernel Corn</i>	<i>Oven Fries</i>	<i>Whole Kernel Corn</i>	<i>Green Beans</i>	<i>Corn on the Cob</i>
<i>Salad, Tossed</i>	<i>Southern Greens</i>	<i>Carrot Sticks</i>	<i>Lemon-Glazed Carrots</i>	<i>Season Cabbage</i>
<i>Fresh Fruit Bowl</i>	<i>Raw veggies with Dip</i>	<i>Rosey Applesauce</i>	<i>Oven-Baked Potato</i>	<i>Field Peas</i>
<i>Fruit Cocktail</i>	<i>Pineapple Tidbits</i>	<i>Assorted Fruit Juice</i>	<i>Wedges</i>	<i>Fresh Grapes</i>
<i>Variety of Milks</i>	<i>Fresh Fruit Bowl</i>	<i>Fresh Fruit Bowl</i>	<i>Tropical Fruit Mix</i>	<i>Oranges Halves</i>
<i>Fruit Juice, Assorted</i>	<i>Fruit Juice</i>	<i>Variety of Milks</i>	<i>Whole Wheat Roll</i>	<i>Mixed Fruit</i>
<i>Assorted Jello with Whipped Topping</i>	<i>Milks Variety</i>	<i>Mayo</i>	<i>Fruit Juice, Assorted</i>	<i>Cornbread</i>
<i>Ranch Dressing</i>	<i>Ketchup</i>	<i>Mustard</i>	<i>Milks, Variety</i>	<i>Variety of Milks</i>
<i>Crackers</i>	<i>Mustard</i>	<i>Ketchup</i>	<i>Ketchup</i>	<i>Fruit Juice</i>
	<i>Mexican Cornbread</i>	<i>Southern Mississippi Cornbread</i>	<i>Mustard</i>	<i>Taco Sauce</i>
			<i>Mayo</i>	<i>Hot Sauce</i>

SEPTEMBER 2010

Module -2
Grade K-6

Mon	Tue	Wed	Thu	Fri
<i>Country Fried Steak</i>	<i>Sliced Ham</i>	<i>Cheeseburger</i>	<i>Chicken Nuggets</i>	<i>Chicken Spaghetti</i>
<i>Chef salad</i>	<i>Chef Salad</i>	<i>Chef Salad</i>	<i>Chef Salad</i>	<i>Chef Salad</i>
<i>Mashed Potatoes</i>	<i>Macaroni and</i>	<i>Quick Baked Potatoes</i>	<i>Pinto Beans</i>	<i>Green Peas</i>
<i>Green Beans</i>	<i>Cheese</i>	<i>Raw Veggies with Dip</i>	<i>Tossed Salad with Dress-ings</i>	<i>Garden salad w Dress-ings</i>
<i>Assorted Fruit Juice</i>	<i>Field Peas</i>	<i>Rosey Applesauce</i>	<i>Chilled Pear Slices</i>	<i>Fruit Cocktail</i>
<i>Wheat Roll</i>	<i>Peach Slices</i>	<i>Condiment Mix</i>	<i>Cornbread</i>	<i>Cornbread</i>
<i>Milks, Variety</i>	<i>Cornbread</i>	<i>Milks, Variety</i>	<i>Ice Cream</i>	<i>Fruit Freeze</i>
	<i>Plain Jell-o</i>		<i>Milks, Variety</i>	<i>Milks, Variety</i>
	<i>Milks, Variety</i>			

SEPTEMBER 2010

Module -3
Grade K-6

Mon	Tue	Wed	Thu	Fri
<i>Pepperoni Pizza</i> <i>Tossed Green salad</i> <i>Chilled Fruit Cup</i> <i>Ice Cream Cup</i> <i>Milk 1% <% Variety</i>	<i>Baked/Fried Chicken</i> <i>Mashed Potatoes w/</i> <i>Gravy</i> <i>California Mixed Vegetables</i> <i>Roll</i> <i>Milk 1% & <% Variety</i>	<i>Taco salad</i> <i>1/2 cup Shredded</i> <i>Lettuce, Tomato,</i> <i>Cheese</i> <i>Cantaloupe Chunks</i> <i>Crackers</i> <i>Cookie</i> <i>Milk 1% & <% Variety</i>	<i>Oven Baked Fish</i> <i>Sandwich</i> <i>Macaroni & Cheese</i> <i>English Peas</i> <i>Mixed Fruit Cup</i> <i>Milk 1% <% Variety</i>	<i>Tuna sandwich on</i> <i>Wheat/White Bread</i> <i>Carrot/Celery Sticks w/</i> <i>Dip</i> <i>Fresh Apple</i> <i>Cookie</i> <i>Milk 1% <% Variety</i>

Module: 1

Grade: K-6

Menu Planning Check list Answer Key

REQUIREMENTS	YES	NO	COMMENTS
1. Serve at least one fresh fruit or fresh vegetable daily.	Yes		
2. Minimum of three different fruits and five different vegetables weekly.	Yes		Fresh Fruit Bowl, Pineapple, Applesauce, & Tropical Fruit & Fresh Grapes, Orange Halves
3. Offer dark green leafy vegetables/ and or orange vegetables (high in vitamin A) or fruit three times per week.	Yes		What Count
4. Offer Milk choices maximum fat content 1% . Flavored nonfat or low-fat, no more than 160 calories per 8-ounce serving.		No	Made be hard to tell, but the old recipes was made with 2% milk not skim. (July 1, 2010 new bid have the changes)
5. 100% fruit and vegetable juice no added sugar.	Yes		If your district is on state bid (OCN) you meet the requirements
6. Comply with existing USDA NSLP meal pattern requirements (meat/meat alternate, vegetable/fruit, grains/breads, and milk).	Yes		
7. Meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and maximum 30% calories from fat and less than 10% from saturated fat.			Software is needed in order to do a nutrient analysis to determine if it meets USDA requirements.
8. Small quantity of fried products served weekly.	Yes		
9. Serving whole grain products at least 3 days per week (not the same one each day).		No	Pizza Crust, & Whole Wheat Rolls—missing one different item. (If the Taco shell are tortilla or corn chips it meet the requirements)
Ascetic, appearing, and students acceptability			

Sources: A menu planner for healthy school meals and Mississippi Healthy Students Act—Senate bill 2369

Module: 2

Grade: K-6

Menu Planning Check list Answer Key

REQUIREMENTS	YES	NO	COMMENTS
1. Serve at least one fresh fruit or fresh vegetable daily.	Yes		No Fresh Fruit Served
2. Minimum of three different fruits and five different vegetables weekly.	Yes		Peach Slices, Applesauce, Pear Slices Green Beans, Field Peas, Raw Veggies, Tossed Salad, & Green peas
3. Offer dark green leafy vegetables/ and or orange vegetables (high in vitamin A) or fruit three times per week.	Yes		Raw Veggies, Tossed Salad, & Garden Salad. May be if salad are romaine
4. Offer Milk choices maximum fat content 1% . Flavored nonfat or low-fat, no more than 160 calories per 8-ounce serving.		No	Made be hard to tell, but the old recipes was made with 2% milk not skim. (July 1, 2010 new bid have the changes)
5. 100% fruit and vegetable juice no added sugar.	Yes		If your district is on state bid (OCN) you meet the requirements
6. Comply with existing USDA NSLP meal pattern requirements (meat/meat alternate, vegetable/fruit, grains/breads, and milk).	Yes		
7. Meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and maximum 30% calories from fat and less than 10% from saturated fat.			Software is needed in order to do a nutrient analysis to determine if it meets USDA requirements.
8. Small quantity of fried products served weekly.	Yes		
9. Serving whole grain products at least 3 days per week (not the same one each day).		No	None Offered
Ascetic, appearing, and students acceptability			Discussions on no fresh fruit served

Sources: A menu planner for healthy school meals and Mississippi Healthy Students Act—Senate bill 2369

Module: 3

Grade: K-6

<h2 style="margin: 0;">Menu Planning Check list</h2> <h3 style="margin: 0;">Answer Key</h3>

REQUIREMENTS	YES	NO	COMMENTS
1. Serve at least one fresh fruit or fresh vegetable daily.		No	
2. Minimum of three different fruits and five different vegetables weekly.	Yes		Not a different vegetable on Wed. (Two veggies on the same day)
3. Offer dark green leafy vegetables/ and or orange vegetables (high in vitamin A) or fruit three times per week.	Yes		
4. Offer Milk choices maximum fat content 1% . Flavored nonfat or low-fat, no more than 160 calories per 8-ounce serving.	Yes		Made be hard to tell, but the old recipes was made with 2% milk not skim. (July 1, 2010 new bid have the changes)
5. 100% fruit and vegetable juice no added sugar.			No juice on menu. (If your district is on state bid (OCN) you meet the requirements)
6. Comply with existing USDA NSLP meal pattern requirements (meat/meat alternate, vegetable/fruit, grains/breads, and milk).	Yes		
7. Meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and maximum 30% calories from fat and less than 10% from saturated fat.			Software is needed in order to do a nutrient analysis to determine if it meets USDA requirements.
8. Small quantity of fried products served weekly.	Yes		
9. Serving whole grain products at least 3 days per week (not the same one each day).		No	
Ascetic, appearing, and students acceptability			

Sources: A menu planner for healthy school meals and Mississippi Healthy Students Act—Senate bill 2369

Module _____

Grade _____



Menu Planning Check list

REQUIREMENTS	YES	NO	COMMENTS
1. Serve at least one fresh fruit or fresh vegetable daily.			
2. Minimum of three different fruits and five different vegetables weekly.			
3. Offer dark green leafy vegetables/ and or orange vegetables (high in vitamin A) or fruit three times per week.			
4. Offer Milk choices maximum fat content 1% . Flavored nonfat or low-fat, no more than 160 calories per 8-ounce serving.			
5. 100% fruit and vegetable juice no added sugar.			
6. Comply with existing USDA NSLP meal pattern requirements (meat/meat alternate, vegetable/fruit, grains/breads, and milk).			
7. Meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and maximum 30% calories from fat and less than 10% from saturated fat.			Software is needed in order to do a nutrient analysis to determine if it meets USDA requirements.
8. Small quantity of fried products served weekly.			
9. Serving whole grain products at least 3 days per week (not the same one each day).			
Ascetic, appearing, and students acceptability			

The Parlor Game

Objectives : To demonstrate that teamwork get better results than working alone.		
Correction Tape		
Scissor		
Highlighters (Green, Pink, Purple, & Yellow)		
Pen		
Pencil		
Staple Machine		
Self Stick removable notes		
Large Binder Clip		
Small Binger Clip		
Stables		
Vanilla Folder		
Laptop Computer		
File Folders		
Copying Paper		
Mississippi Cycle II		
A Menu Planner for Healthy School Meals DVD		
Calculator		
Stress ball		
Tape		
Food Buying Guide DVD		
Stress Bang		
Rubber bands		
Business Cards		
Fingertip Moistener		