

Removing high fructose corn syrup will substantially raise costs for school food programs and provide no nutritional benefit.

**JANUARY 2010
MIDDLE SCHOOL
LUNCH MENU**

Removing items that often contain high fructose corn syrup from a sample January middle school lunch menu would reduce offerings by 67%.

Monday Tuesday Wednesday Thursday Friday

“High Fructose Corn Syrup...is nutritionally equivalent to sucrose. Both sweeteners contain the same number of calories (4/gram) and consist of about equal parts of fructose and glucose. Once absorbed into the blood stream, the two sweeteners are indistinguishable.”
American Dietetic Association, Hot Topics paper on High Fructose Corn Syrup, December 2008.

“Because the composition of HFCS and sucrose are so similar, particularly on absorption by the body, it appears unlikely that HFCS contributes more to obesity or other conditions than sucrose.”
American Medical Association, Report 3, Council on Science and Public Health (A-08), June 2008.



4
 Macaroni & Cheese w/ Muffin
 Turkey Corn Dog Bites w/ Muffin
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Vegetarian Baked Beans
 Cinnamon Apple Slices w/ Whipped Topping
 Tropical Fruit Salad
 Raisins

5
 Baked Chicken Tenders w/ Southwestern Rice
 Cheese Quesadilla
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Golden Corn
 Broccoli & Carrot Slims w/ Dip
 Chilled Pineapple
 Cantaloupe

6
 Hamburger on Wheat Bun
 Cheeseburger on Wheat Bun
 Veggie Burger on Wheat Bun with or without Cheese
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Baked Potato Rounds
 Lettuce, Tomato, Pickle
 Chilled Pears w/ Cherry Garnish
 Fresh Apple

7
 Spaghetti w/ Loaf Bread w/ Meat Sauce or Marinara Sauce
 Steak & Cheese Sub
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Green Peas
 Tossed Salad
 Grapefruit & Orange Sections
 Blueberry Crisp

8
 Baked Spicy Chicken on Wheat Bun
 Baked Fish Fillet on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Baked Fries
 Mixed Vegetables
 Cucumber & Carrot Slims w/ Dip
 Chilled Peaches
 Fruit Sherbet

11
 Baked Cheese Sticks w/ Marinara Sauce
 Barbecue Rib on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Campbell's Minestrone Soup
 Orange Quarters & Kiwi
 Cinnamon Apple Slices w/ Whipped Topping
 Raisins

12
 Baked Chicken Tenders w/ Muffin
 Hot Ham & Cheese on Whole Wheat Croissant
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Whipped Potatoes w/ Gravy
 Carrot Slims & Jicama w/ Dip
 Chilled Peaches
 Honeydew

13
 Steak & Cheese Sub
 Turkey Hot Dog on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Baked Potato Rounds
 Tossed Salad w/ Radish Slices
 Banana
 Applesauce

14
 Soft Turkey Taco w/ Shredded Cheese
 Baked Chicken Fillet on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Corn on the Cob
 Lettuce, Tomato
 Tropical Fruit Salad
 Blueberry Crisp

15
 Baked Spicy Chicken on Wheat Bun
 Baked Fish Fillet on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Baked Fries
 Green Beans
 Zucchini Sticks & Carrot Slims w/ Dip
 Chilled Pears w/ Cherry Garnish
 Natural Frozen Fruit Bar

18
 Martin Luther King, Jr. Holiday

19
 Baked Chicken Tenders w/ Brown Rice
 Cheese Quesadilla
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Golden Corn
 Carrot Slims w/ Dip
 Cinnamon Apple Slices w/ Whipped Topping
 Raisins

20
 Hamburger on Wheat Bun
 Cheeseburger on Wheat Bun
 Veggie Burger on Wheat Bun with or without Cheese
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Baked Potato Rounds
 Lettuce, Tomato, Pickle
 Fresh Apple
 Grapefruit & Orange Sections

21
 Spaghetti w/ Loaf Bread w/ Meat Sauce or Marinara Sauce
 Steak & Cheese Sub
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Green Peas
 Tossed Salad w/ Radish Slices
 Chilled Pears w/ Cherry Garnish
 Blueberry Crisp

22
 Baked Spicy Chicken on Wheat Bun
 Baked Fish Fillet on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Baked Fries
 Mixed Vegetables
 Cucumber & Carrot Slims w/ Dip
 Chilled Peaches
 Fruit Sherbet

25
 Baked Cheese Sticks w/ Marinara Sauce
 Barbecue Rib on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Campbell's Minestrone Soup
 Grapefruit & Orange Section
 Cinnamon Apple Slices w/ Whipped Topping
 Raisins

26
 Baked Chicken Tenders w/ Muffin
 Hot Ham & Cheese on Whole Wheat Croissant
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Whipped Potatoes w/ Gravy
 Carrot Slims & Jicama w/ Dip
 Chilled Peaches
 Honeydew

27
 Steak & Cheese Sub
 Turkey Hot Dog on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Baked Potato Rounds
 Tossed Salad w/ Radish Slices
 Banana
 Applesauce

28
 Soft Turkey Taco w/ Shredded Cheese
 Baked Chicken Fillet on Wheat Bun
 Hummus Biteable
 Peanut Butter & Jelly Sandwich
 Yogurt Biteable

CHOICE OF TWO
 Corn on the Cob
 Lettuce, Tomato
 Tropical Fruit Salad
 Blueberry Crisp

29
 Teacher Work Day

ENERGY ZONE SALAD PATCH
 Southwestern Salad w/ Pretzel
 Chef's Salad w/ Cheese w/ Pretzel

ENERGY ZONE SALAD PATCH
 Taco Salad w/ Chili
 Tortilla Chips or Pretzel

ENERGY ZONE SALAD PATCH
 Caesar Chicken Salad w/ Pretzel
 Fruit Salad w/ Yogurt, Sun Butter & Pretzel

ENERGY ZONE SALAD PATCH
 Oriental Chicken Salad w/ Pretzel
 Chef's Salad w/ Cheese w/ Pretzel

ENERGY ZONE SALAD PATCH
 Fruit Salad w/ Yogurt, Walnuts

PIZZA LINE
 Stuffed Crust Pizza
 Cheese or Pepperoni

PIZZA LINE
 Pan Pizza
 Cheese or Pepperoni

PIZZA LINE
 Big Daddy Pizza
 Cheese or Pepperoni

PIZZA LINE
 Cheesy Garlic French Bread Pizza

PIZZA LINE
 Stuffed Crust Pizza
 Cheese or Pepperoni