



Potatoes[®]
USA

5-DAY BREAKFAST AND LUNCH MEAL PLAN

HOW TO SERVE DELICIOUS POTATO DISHES TO YOUR STUDENTS EVERY DAY!

FIND RECIPES AT
POTATOESRAISETHEBAR.COM





BUFFALO CHICKEN AND POTATO SLAM DUNKS



EGG AND POTATO BREAKFAST SANDWICH



HOMESTYLE MASHED POTATO BOWL



DENVER OMELET BRUNCH BOWL



ULTIMATE HASH BROWN BREAKFAST BURRITO



CINNAMON POTATO BUNS

HEY YOU!

WE KNOW TWO THINGS

1) WORKING IN SCHOOL FOODSERVICE IS TOUGH AND 2) KIDS LOVE POTATOES. THAT'S WHY WE'VE CREATED THIS 5-DAY BREAKFAST AND LUNCH MENU PLAN TO HELP INSPIRE AND SHOW YOU HOW TO SERVE DELICIOUS POTATO DISHES TO YOUR STUDENTS EVERY DAY OF THE WEEK.

WITHIN THE FOLLOWING PAGES, YOU'LL FIND A WEEKLY BREAKFAST MENU FOR GRADES K-12, AND INDIVIDUAL WEEKLY LUNCH PLANS FOR GRADES K-5, 6-8 AND 9-12. HANG THE MENU CALENDAR-STYLE, OR KEEP IT HANDY DURING MENU-PLANNING SEASON FOR EASY REFERENCE. USE THESE PLANS AND FORMULAS AS INSPIRATION TO HELP DEVELOP YOUR POTATO-CENTRIC MENUS! BE SURE TO CHECK WITH YOUR STATE CHILD NUTRITION STAFF FOR HELP WITH INCORPORATING THESE MENUS INTO YOUR WEEKLY PLAN.

RECIPES FOR SELECT MAIN ENTRÉE AND GRAB-AND-GO ITEMS CAN BE DOWNLOADED AT POTATOESRAISETHEBAR.COM

TO HAPPY AND HEALTHY KIDS,

THE POTATOES USA TEAM



BREAKFAST TOTCHOS TO-GO



BREAKFAST MENU

GRADES K-12

	MON	TUE	WED	THURS	FRI	WEEKLY TOTALS*
MAIN ENTRÉE	Ultimate Hash Brown Breakfast Burrito, 1.5 Grains, 1.75 M/MA, 1/8 cup Starchy Vegetable	Cinnamon Potato Bun, 1.75 Grains	Breakfast Totchos To-Go, 1 Grain, 2 M/MA, 1/2 cup Starchy Vegetable, 1/4 cup Legume	Cheesy Potato Pockets, 2 Grain, 1 M/MA, 1/8 cup Starchy Vegetable	Egg and Potato Breakfast Sandwich, 2 Grains, 2 M/MA, 1/4 cup Starchy Vegetable	8.25 Grains, 6.75 M/MA, 1 cup Starchy Vegetable, 1/4 cup Legume
DAILY CHOICES (CHOOSE UP TO 2)	Granola (1 Grain), Choice of Cold Cereal (1 Grain), Yogurt (1 M/MA)					10 Grain, 5 M/MA
FRUIT	Orange Juice, Apple Juice	Banana, Diced Peaches	Orange Wedges, Diced Pears	Apple Slices, Grapes	Orange Juice, Apple Juice	5 cups
MILK	1% Milk, Fat Free Milk					5 cups
NUTRIENT ANALYSIS						500 Calories, 6% Calories from Saturated Fat, 320 mg Sodium

GRADES K-5

Min-Max Calories (kcal)

350-500

Saturated Fat (% of total calories)

<10

Sodium (mg)

<540

Trans Fat

Nutritional label or manufacturer specifications must indicate zero grams of trans fat per serving

GRADES 6-8

Min-Max Calories (kcal)

400-550

Saturated Fat (% of total calories)

<10

Sodium (mg)

<600

Trans Fat

Nutritional label or manufacturer specifications must indicate zero grams of trans fat per serving

GRADES 9-12

Min-Max Calories (kcal)

450-600

Saturated Fat (% of total calories)

<10

Sodium (mg)

<640

Trans Fat

Nutritional label or manufacturer specifications must indicate zero grams of trans fat per serving

*Average weekly nutrient analysis will vary depending on the numbers offered of each item.



SRIRACHA RANCH POTATO AND CHICKEN SALAD

LUNCH MENU

GRADES K-5

	MON	TUE	WED	THURS	FRI	WEEKLY TOTALS*
MAIN ENTRÉE	Homestyle Mashed Potato Bowl with a Fresh Baked Roll, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Other Vegetable	Hamburger with Oven Baked Tater Tots or Fries, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable	Taco Tater Rockets with Tortilla Chips, 2 oz M/MA, 1 oz Grain, 1/2 cup Starchy Vegetable	Barbecue Baked Chicken with Roasted Potatoes and a Garlic Breadstick, 2 oz M/MA, 1 oz Grain, 1/2 cup Starchy Vegetable	Brunch for Lunch! Denver Omelet Brunch Bowl with a Whole Grain Biscuit, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Other Vegetable	10 oz M/MA, 8 oz Grain, 2 1/2 cups Starchy Vegetable, 1/2 cup Other Vegetable
DAILY CHOICES	Turkey Sandwich, Peanut Butter and Jelly Sandwich, Yogurt, Fruit and Granola Parfait					10 oz M/MA 10 oz Grain
FRUIT AND VEGETABLE BAR	Assorted Fresh and Canned Fruit, Romaine Salad, Assorted Vegetables, Ranch Dressing					3 3/4 cups Vegetables from all subgroups 2 1/2 cups Fruit
MILK	1% Milk, Fat Free Milk					5 cups
NUTRIENT ANALYSIS						650 Calories, 9% Calories from Saturate Fat, 788 mg Sodium

**Min-Max
Calories (kcal)**
550—650

**Saturated Fat
(% of total calories)**
<10

Sodium (mg)
≤1230

Trans Fat
Nutritional label or manufacturer specifications must indicate zero grams of trans fat per serving

*Average weekly nutrient analysis will vary depending on the numbers offered of each item.



CUBAN HAM AND POTATO SHAKER SALAD

LUNCH MENU

GRADES 6-8

	MON	TUE	WED	THURS	FRI	WEEKLY TOTALS*
MAIN ENTRÉE	Homestyle Mashed Potato Bowl with a Fresh Baked Roll, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Other Vegetable	Hamburger or Cheeseburger with Oven Baked Tater Tots or Fries, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable	Taco Tater Rockets with Tortilla Chips, 2 oz M/MA, 1 oz Grain, 1/2 cup Starchy Vegetable	Barbecue Baked Chicken with Roasted Potatoes and a Garlic Breadstick, 2 oz M/MA, 1 oz Grain, 1/2 cup Starchy Vegetable	Brunch for Lunch! Denver Omelet Brunch Bowl with a Whole Grain Biscuit, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Other Vegetable	10 oz M/MA, 8 oz Grain, 2 1/2 cups Starchy Vegetable, 1/2 cup Other Vegetable
DAILY CHOICES	Turkey Sandwich, Peanut Butter and Jelly Sandwich, Yogurt, Fruit and Granola Parfait					10 oz M/MA, 10 oz Grain
FRUIT AND VEGETABLE BAR	Assorted Fresh and Canned Fruit, Romaine Salad, Assorted Vegetables, Ranch Dressing, Balsamic Vinaigrette					3 3/4 cup Vegetables from all subgroups 2 1/2 cups Fruit
MILK	1% Milk, Fat Free Milk					5 cups
GRAB-AND-GO	Protein Lunch Box, 1.75 oz M/MA, 2 oz Grain, 1/4 cup Dark Green Vegetable, 1/2 cup Red/Orange Vegetable	Cuban Mojo Shaker Salad, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Red/Orange Vegetable	Southwest Cobb Salad, 2.5 oz M/MA, 1 oz Grain, 1/2 cup Dark Green Vegetable, 1/4 cup Legume, 1/4 cup Starchy Vegetable, 1/4 cup Red/Orange Vegetable, 1/4 cup Other Vegetable	Buffalo Chicken and Potato Slam Dunks, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Red/Orange Vegetable, 1/4 cup Other Vegetable	Sriracha Ranch Potato and Chicken Salad, 2 oz M/MA, 2 oz Grain, 1 cup Dark Green Vegetable, 1/2 cup Starchy Vegetable, 1/4 cup Red/Orange Vegetable, 1/4 cup Other Vegetable	9.75 oz M/MA, 9 oz Grain, 1 3/4 cup Starchy Vegetable, 1 3/4 cup Dark Green Vegetables, 1 cup Red/Orange Vegetable, 1/4 cup Legume
NUTRIENT ANALYSIS						700 Calories, 9% Calories from Saturated Fat, 917 mg Sodium

Min-Max Calories (kcal)
600-700

Saturated Fat (% of total calories)
<10

Sodium (mg)
≤1360

Trans Fat
Nutritional label or manufacturer specifications must indicate zero grams of trans fat per serving

*Average weekly nutrient analysis will vary depending on the numbers offered of each item.



TACO TATER ROCKETS



LUNCH MENU

GRADES 9-12

	MON	TUE	WED	THURS	FRI	WEEKLY TOTALS*
MAIN ENTRÉE	Homestyle Mashed Potato Bowl with a Fresh Baked Roll, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Other Vegetable	Hamburger or Cheeseburger with Oven Baked Tater Tots or Fries, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable	Taco Tater Rockets with Tortilla Chips, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable	Barbecue Baked Chicken with Roasted Potatoes and a Garlic Breadstick, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable	Brunch for Lunch! Denver Omelet Brunch Bowl with a Whole Grain Biscuit, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Other Vegetable	10 oz M/MA, 10 oz Grain, 2 1/2 cups Starchy Vegetable, 1/2 cup Other Vegetable
DAILY CHOICES	Turkey Sandwich, Peanut Butter and Jelly Sandwich, Yogurt, Fruit and Granola Parfait					10 oz M/MA, 10 oz Grain
FRUIT AND VEGETABLE BAR	Assorted Fresh and Canned Fruit, Romaine Salad, Assorted Vegetables, Ranch Dressing, Balsamic Vinaigrette					3 3/4 cup Vegetables from all subgroups 5 cups Fruit
MILK	1% Milk, Fat Free Milk					5 cups
GRAB-AND-GO	Protein Lunch Box 2 oz M/MA, 2 oz Grain, 1/4 cup Dark Green Vegetable, 1/2 cup Red/Orange Vegetable	Cuban Mojo Shaker Salad, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Red/Orange Vegetable	Southwest Cobb Salad with a Bread Stick, 2.5 oz M/MA, 2 oz Grain, 1/2 cup Dark Green Vegetable, 1/4 cup Legume, 1/4 cup Starchy Vegetable, 1/4 cup Red/Orange Vegetable, 1/4 cup Other Vegetable	Buffalo Chicken and Potato Slam Dunks, 2 oz M/MA, 2 oz Grain, 1/2 cup Starchy Vegetable, 1/4 cup Red/Orange Vegetable, 1/4 cup Other Vegetable	Sriracha Ranch Potato and Chicken Salad 2 oz M/MA, 2 oz Grain, 1 cup Dark Green Vegetable, 1/2 cup Starchy Vegetable, 1/4 cup Red/Orange Vegetable, 1/4 cup Other Vegetable	10.5 oz M/MA, 10 oz Grain, 1 3/4 cup Starchy Vegetable, 1 3/4 cup Dark Green Vegetable, 1 cup Red/Orange Vegetable, 3/4 cup Legume
FEATURED SALAD	Broccoli Raisin Salad	Creamy Buttermilk Ranch Potato Salad	Wheat Berry Salad	Greek Potato Salad	Creamy Fruit Salad	
NUTRIENT ANALYSIS						847 Calories, 7% Calories from Saturated Fat, 1020 mg sodium

Min-Max Calories (kcal)
750-850

Saturated Fat (% of total calories)
<10

Sodium (mg)
≤1420

Trans Fat
Nutritional label or manufacturer specifications must indicate zero grams of trans fat per serving

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FOR MORE INFORMATION, VISIT
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