Example of Typical School Lunch Menu

**Entree**

Peanut Butter and Jelly Sandwich with Pretzels

or

Hamburger and French Fries

or

Beef Taco Salad

**Salad Bar**

Fruit salad with peaches, oranges, and strawberries

**Beverage**

Milk or Fruit Juice
## Analysis of a Typical School Lunch Menu

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Ingredients of Menu Items</th>
<th>U.S. Regions Origins</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: Clam Chowder Soup</td>
<td>Clams, Potatoes, Milk</td>
<td>Northeast, West, Midwest</td>
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</tbody>
</table>

Record the School Lunch Menu Item in this column. If needed, do a breakdown of the major ingredients of the listed Menu Items. Locate the U.S. Region from which each major menu ingredient was produced.
### Analysis of Group School Lunch Menu

**Names of Group Members:**

__________________________________  __________________________________

__________________________________  __________________________________

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Answer Key for Map Work

Regions and Their States


Southwest-Arizona, Oklahoma, Texas, and New Mexico

Southeast-Kentucky, Virginia, North Carolina, South Carolina, Georgia, Mississippi, Arkansas, West Virginia, Tennessee, Alabama, Louisiana, and Florida

Northeast-Maryland, Delaware, New Jersey, Pennsylvania, Vermont, Maine, New York, Connecticut, Rhode Island, Massachusetts, and New Hampshire

Midwest-Minnesota, Michigan, Ohio, Missouri, Wisconsin, Indiana, Illinois, Iowa, Kansas, Nebraska, South Dakota, and North Dakota

Regions and Their Foods

West-Fruits (cantaloupes, nectarines, strawberries, lemons, plums, peaches, figs, grapes, and apricots), Beef (cattle), Lamb (sheep), Vegetables (broccoli and lettuce), Nuts (almonds), Potatoes, Fish, Shellfish

Southwest-Blue corn, Chili peppers, Beef, Lamb, Grain, Fruits, Vegetables

Southeast-Rice, Corn, Soybeans, Peanuts, Peppers, Tobasco sauce, Citrus (oranges and grapefruit), Poultry, and Sugar

Northeast-Oysters, Clams, Dairy products (milk), Lobsters, Cranberries, Pretzels, Fish, and Crab

Midwest-Wheat, Corn, Dairy products (milk and cheese), Beef, and Pork (Pigs)