

## HIGH SCHOOL DIABETIC LUNCH MENU (Aug - Sept 2018)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>	<b>Entrée</b>
Mama Lia's Pep 60g	Mama Lia's Pep 60g/ <b>Gourmet*</b>	Mama Lia's Pep 60g	Mama Lia's Pep 60g/ <b>Gourmet</b>	Mama Lia's Pep 60g
Mama Lia's Cheese <b>^V 60g</b>	Mama Lia's Cheese <b>^V 60g</b>	Mama Lia's Cheese <b>^V 60g</b>	Mama Lia's Cheese <b>^V 60g</b>	Mama Lia's Cheese <b>^V 60g</b>
Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g	Spicy Chicken Sandwich 40g
Chicken Tenders 13g w/Crackers 14g	Buffalo Chicken Chunks 22g w/Crackers 14g	Chicken Tenders 13g w/Crackers 14g	Buffalo Chicken Chunks 22g w/Crackers 14g	Chicken Tenders 13g w/Crackers 14g
Cheeseburger 29g		Cheeseburger 29g		Cheeseburger 29g
	Pork Hot Link 35g		Beef Rib BBQ Sandwich 41g	Cheese and Chili Tamale 29g
Mac and Cheese 38g w/Roll 20g	Rotini 24g w/ Roll 20g	Cheese Enchilada w/ Green 43g	Rotini 24g w/ Roll 20g	Cowboy Chili 33g
Chili Cheese Burrito 37g	Carnitas Bean/Cheese Burrito 45g	Bean and Cheese Burrito <sup>^V</sup> 50g	BRC Burrito 84g	Chicken, Bean and Chip Bowl 66g
Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g	Habanero Nada 31g
Chicken Sichuan Bowl 64g	Orange Chicken Bowl 72g			Chicken Sichuan Bowl 64g
Yogurt Parfait & Granola <sup>^V</sup> 116g	Yogurt Parfait & Granola <sup>^V</sup> 116g	Yogurt Parfait & Granola <sup>^V</sup> 116g	Yogurt Parfait & Granola <sup>^V</sup> 116g	Yogurt Parfait & Granola <sup>^V</sup> 116g
Yogurt & Granola <sup>^V</sup> 83g	Yogurt & Granola <sup>^V</sup> 83g	Yogurt & Granola <sup>^V</sup> 83g	Yogurt & Granola <sup>^V</sup> 83g	Yogurt & Granola <sup>^V</sup> 83g
Uncrustable 56g	Uncrustable 56g	Uncrustable 56g	Uncrustable 56g	Uncrustable 56g
Combo Kaiser 32g	Turkey Grinder 38g	Combo Kaiser 32g	Ham(Turkey) & Chs Panini 30g	Combo Kaiser 32g
Chicken Ceasar Salad 35g	Asian Salad 55g	Baja Tostada Salad 48g	Chef Salad 38g	BLT-E Salad 35g
	Vegan Salad 73g		Vegan Salad 73g	
Veggie Salad 41g	Veggie Salad 41g	Veggie Salad 41g	Veggie Salad 41g	Veggie Salad 41g
			Hummus & Pita <sup>^V</sup> 47g	
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
Veg. Mix w/Corn & lettuce cup 7g	Veg. Mix w/ Salad Cup 5g	Veg. mix w/ lettuce cup 3g	Veg. mix w/ Beans 18g	Veg. mix w/lettuce cup 3g
<b>Fruits</b>	<b>Fruits</b>	<b>Fruits</b>	<b>Fruits</b>	<b>Fruits</b>
Fruit Mix	Fruit Mix	Fruit Mix	Fruit Mix	Fruit Mix
Juice Mix-Wildberry, Fruit, Apple, Orange	Juice Mix-Wildberry, Fruit, Apple, Orange	Juice Mix-Wildberry, Fruit, Apple, Orange	Juice Mix-Wildberry, Fruit, Apple, Orange	Juice Mix-Wildberry, Fruit, Apple, Orange
<b>Chips</b>	<b>Chips</b>	<b>Chips</b>	<b>Chips</b>	<b>Chips</b>
Chips - Cheddar & Sour Cream 19g, Sour Cream & Onion 18g	Chips - Cheddar & Sour Cream 19g, Baked Plain Lay's 20g	Chips - Cheddar & Sour Cream 19g, Sour Cream & Onion 18g	Chips - Cheddar & Sour Cream 19g, Baked Lay's BBQ 17g	Chips - Cheddar & Sour Cream 19g, Sour Cream & Onion 18g
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g	1 % White Milk 14g
Chocolate non-fat 22g	Chocolate non-fat 22g	Chocolate non-fat 22g	Chocolate non-fat 22g	Chocolate non-fat 22g
Condiment Mix	Condiment Mix	Condiment Mix	Condiment Mix	Condiment Mix

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

**Veg Mix:** Baby Carrots 8g, Carrots & Broccoli 5g, Celery Sticks 5g, Jalapenos 2g

**Fruit Mix:** Apples 15g, Oranges 15g, Bananas 27g, Raisins 30g

<sup>^V</sup> = Non Meat

**\*Specials for the day\***