

High School April 2018

WEEK 1	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
WEEK 2	MON 04/9	TUES 04/10	WED 04/11	THU 04/12	FRI 04/13
MEAT/MA	Spaghetti w/Meat Sauce-23g.	Soft Shell Taco-24 g.	Meatloaf w/Gravy-8 g.	Ling's General Iso -32 g.	Bosco Stick (2) -42 g.
MEAT/MA	Chicken Sandwich - 39 g.	Chicken Philly Sand- 28g	Chicken Tenders - 4=19g	BBQ Rib on Bun - 32 g.	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN					
GRAIN	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN	Garlic Toast -11 g.			Brown Rice -1 c-36 g./Fried Rice-49g .	
VEG	Green Beans - 4 g.	Refried Beans -30g	Mashed Potatoes -15g	Broccoli- 4g	Corn 1/2 c-19 g.
VEG		Small Romaine Salad -5 g.	Cooked Carrots-8 g.		Cooked Spinach-4g
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Peaches 1/2 c. - 17 g.	Mixed Fruit-18 g.	Apple sauce-25 g.	Mandarin Oranges 1/2 c-17 g	Pears - 20 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	Mayo -2 g.	Salsa-2 g.	Gravy - 3g		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3g.	BBQ Sauce, 11 g.		Marinara Sauce-3 g.
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WEEK 3	MON 04/16	TUES 04/17	WED 04/18	THU 04/19	FRI 04/20
MEAT/MA	Chicken Waffle Bites-11g.	Chicken & Cheese Quesadilla-32 g.	Pizza BD - 43 g. see mgr.	Baked Chicken-19 g.	Fish Fillet on WG Bun-40g.
MEAT/MA	American Cheese Steak on WG Roll-62 g.	Pulled Pork on WG Bun-38 g.	Southwestern Philly-62g.	Hamburger-27g.	See Manager

MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN	French Toast -29 g.	Chips (2) 38 g.			
VEG	Seasoned Potato Cubes-18 g.	Small Romaine Salad -5 g.	Broccoli- 4g	Mashed Potatoes -15g	Mixed Vegetables-12 g.
VEG		Green Beans - 4 g.		Peas & Carrots-8 g.	
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Rosy Applesauce-26g.	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Frozen Fruit Cup-18 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS	Syrup -31 g.	Mayo -2 g.			
CONDIMENTS	Mayo -2 g.	Ketchup- 3 g. & Mustard- 0 g.	Mayo -2 g.	Ketchup- 3 g. & Mustard- 0 g.	Tartar Sauce-3 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2gSour Cream - 3g.		Mayo -2 g.	
Week 4	MON 04/23	TUES 04/24	WED 04/25	THU 04/26	FRI 04/27
MEAT/MA	Chicken Sandwich - 39 g.	Beef & Cheese Nachos -7 g.	Chicken Bowl-33g.	Italian Meatball Sub- 38g	Pizza BD - 43 g. see mgr.
MEAT/MA	Hot Ham & Cheese on WG Bun-34g.	*Bratwurst/Bun -27g.	Fish Sticks-25g.	Corn Dog - 30 g.	See Manager
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN		Chips (2) 38 g.			
VEG	Green Beans - 4 g.	California Blend-5g	Mashed Potatoes -15g	Baked Beans 1/2 c-29 g.	Broccoli- 4g
VEG		Small Romaine Salad -5 g.	Corn 1/2 c-19 g.		
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Applesauce-25 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Applesauce-25 g.	Pears - 20 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl		Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Mayo -2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Mayo -2 g.	Salsa/-2gSour Cream - 3g.		Mayo -2 g.	Mayo -2 g.
Week 5	MON 04/30	TUES	WED	THU	FRI
MEAT/MA	Chicken Waffle Bites-11 g.				
MEAT/MA	Sloppy Joe on Bun -36 g.				
MEAT/MA	Cheese Sandwich 26 g.				
MEAT/MA	Chef Salad-10g				
MEAT/MA	Sub -30 g.				
GRAIN	Dinner Roll -24g. (2 grain)				

GRAIN					
VEG	Sweet Potato Fries - 30 g.				
VEG	Prince Edward - 3 g.				
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.				
FRUIT	Pears - 20 g.				
FRUIT	Fresh Fruit Bowl				
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.				
CONDIMENTS	Mayo -2 g.				
	Dark Green	Starchy	Red/Orange	Legumes	3/5/2018

All Serving Sizes of vegetables are 1/2 cup unless noted (* = 1/2 c serving, ~ = 3/4 c serving & ^ = 1 c serving) .

All Serving Sizes of Fruit are 1/2 cup. Servings of Grains are 1-2 oz. Condiments are 1-2 Tbsp. All meals include Fat-Free or Low-Fat Milk
 Unflavored Milk -13 g. Flavored Milk -20 g. Fresh Apple - 22 g. Fresh Orange - 21 g. Petite Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.

