

# High School August 2018

## WEEK 1

MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					

## WEEK 2

**MON 8/13**

**TUES 8/14**

**WED 8/15**

**THU 8/16**

**FRI 8/17**

MEAT/MA				Bosco Stick (2) -42 g.	Pizza BD - 43 g.
MEAT/MA					
MEAT/MA				Wrap - 30 g.	Sub -30 g.
MEAT/MA				Chef Salad-10g	Chef Salad-10g
MEAT/MA				Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
GRAIN					
GRAIN					
GRAIN				WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)
GRAIN					
GRAIN					
VEG				Broccoli- 4g	Green Beans - 4 g.
VEG					
VEG				Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies w/ Ranch Dip
FRUIT				Applesauce-25 g.	Pears - 20 g.
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS					

CONDIMENTS				Marinara Sauce-3 g.	
------------	--	--	--	---------------------	--

### High School August 2018

WEEK 3	MON 8/20	TUES8/21	WED 8/22	THU 8/23	FRI 8/24
MEAT/MA	Chicken Tenders(4)- 19 g.	Beef & Cheese Nachos -7 g.	French Bread Pizza - 33 g.	Chicken Fillet on WG Bun-39 g.	Beacon Street Stuffed-32g
MEAT/MA	Pork Chop Sandwich -42 g.	Calzone - 35 g.	Bratwurst on Bun -27 g.	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	Wrap - 30 g.	Sub -30 g.	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Chef Salad-10g	Chef Salad-10g	Wrap - 30 g.	Sub -30 g.
MEAT/MA					
GRAIN	WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)
GRAIN		Chips (2) 38 g.			
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Baby Carrots -11g. w/Ranch Dip-3g.	Broccoli- 4g	Cooked Spinach-4g
VEG	California Blend -3 g.				California Blend-5g
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	Pineapple Tidbits - 16 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Juice -21 g/Grape Juice 28g
FRUIT					Fresh Fruit Bowl
CONDIMENTS		Salsa-2 g.			
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. /BBQ Sauce 11g	Marinara Sauce-3 g.	BBQ Sauce, 11 g.	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
Week 4	MON 8/27	TUES 8/28	WED 8/29	THU 8/30	FRI 8/31
MEAT/MA	Chicken Chunks - 27 g.	Soft Shell Taco-24 g.	Cheeseburger on WG Bun-27g.	Hot Dog on WG Bun - 28 g.	WG Pizza BD - 43 g.
MEAT/MA	Italian Meatball Sub- 38g	Fish Sandwich - 39 g.	Grilled Cheesewich-27g	Chicken Philly on WG Bun- 28g	Manager's Choice (2 gr.)
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	WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)	WG Dinner Roll-12g. (1 gr.)
GRAIN				Fried Rice - 49 g.	
GRAIN					
GRAIN					
GRAIN					
VEG	Cheesy Broccoli-7g.	Corn 1/2 c-19 g.	Seasoned Potato Cubes-18 g.	Baked Beans 1/2 c-29 g.	Small Romaine Salad -5 g.
VEG					Cucumbers 3 g/Ranch Dip 7 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	Pears - 20 g.	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Applesauce-25 g.
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Juice -21 g/Grape Juice 28g

FRUIT		BBQ Sauce, 11 g.			Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.	Marinara Sauce-3 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Mayo -2 g.	Sour Cream - 3g.			
					7/3/2018

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. Petie Banana - 18 g. Salad Dressing: Ranch - 7 g. French -9 g.





