

High School December 2017

WEEK 1	MON	TUES	WED	THU	FRI 12/1
MEAT/MA					Bosco Stick (2) -42 g.
MEAT/MA					See Manager
MEAT/MA					Cheese Sandwich 26 g.
MEAT/MA					Chef Salad-10g
MEAT/MA					Sub -30 g.
GRAIN					Dinner Roll -12g. (1 grain)
GRAIN					
GRAIN					
VEG					Corn 1/2 c-19 g.
VEG					Cooked Spinach-4g
VEG					Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT					Pears - 20 g.
FRUIT					Fresh Fruit Bowl
CONDIMENTS					
CONDIMENTS					
WEEK 2	MON 12/4	TUES 12/5	WED 12/6	THU 12/7	FRI 12/8
MEAT/MA	Chicken Sandwich - 39 g.	Chicken/Chili Fiesta Sticks-40g.	Pizza BD - 43 g. see mgr.	*Firecracker Pork-47 g.	Calzone - 35 g.
MEAT/MA	American Cheese Steak on WG Roll-62 g.	BBq Rib on Bun - 32 g.	Corn Dog - 30 g.	Fish Taco-49g.	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 -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN				Brown Rice -1 c-36 g.	
VEG	California Blend-5g	Black Bean Fiesta - 34 g.	Green Beans - 4 g.	Broccoli- 4g	Mixed Vegetables-9g
VEG		Small Romaine Salad -5 g.			Baby Carrots w/Dip -11g.
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	Apple sauce-25 g.	Pineapple Tidbits - 16 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Mixed Fruit-18 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	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Boom Boom Sauce-11g.	
CONDIMENTS	Pico de gallo-3 g.	Sour Cream - 3g.			
High School December 2017					
WEEK 3	MON 12/11	TUES 12/12	WED 12/13	THU 12/14	FRI 12/15

MEAT/MA	Hamburger w/bun -27g.	Smothered Burrito-42g	Totally Twisted Alfredo-42g	Baked Chicken-19 g.	Beacon Street Sandwiches-32g.
MEAT/MA	French Bread Cheese Pizza -33g	Chicken Philly Sand- 28g	*Pork Chop Sandwich -42 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 -12g. (1 grain)
GRAIN		Chips (2) 38 g.	Garlic Toast -11 g.		
GRAIN		Small Romaine Salad -5 g.			
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Broccoli- 4g	Mashed Potatoes -15g	California Blend-5g
VEG	Peas -9 g.	Refried Beans -30g		Green Beans - 4 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	Pears - 20 g.	Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.
FRUIT				Pretzel	Juice -21 g/Grape Juice 28g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Marinara Sauce-3 g.	Salsa-2 g.			
CONDIMENTS	Mayo -2 g.	Ketchup- 3 g. & Mustard- 0 g.	Mayo -2 g.	Gravy - 3g	
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.		
Week 4	MON 12/18	TUES 12/19	WED 12/20	THU 12/21	FRI 12/22
MEAT/MA	Chicken Chunks - 17 g.	Beef & Cheese Nachos -7 g.	Pizza BD - 43 g. see mgr.	Grilled Cheesewich-27g	
MEAT/MA	Sloppy Joe on Bun -36 g.	*Bratwurst/Bun -27g.	Southwestern Philly-62g.	See Manager	
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	NO SCHOOL
MEAT/MA	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.	
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	
GRAIN		Chips (2) 38 g.			
VEG	Maple Roast Sweet Potato - 35 g.	Black Bean Fiesta - 34 g.	Broccoli- 4g	California Blend-5g	
VEG	Prince Edward - 3 g.	Small Romaine Salad -5 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.	
FRUIT	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	
FRUIT		Fresh Fruit Bowl			
FRUIT					
CONDIMENTS	BBQ Sauce, 11 g.	Ketchup- 3 g. & Mustard- 0 g.	Mayo -2 g.		
CONDIMENTS	Mayo -2 g.	Salsa/-2g Sour Cream - 3g.			
Week 5	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					

MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	10/27/2017

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.

