

## December 2018 High School Cycle Menu Nutrition Analysis

WEEK 1	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Sandwich - 39 g.	Chicken & Cheese Enchilada-g.	Pizza BD - 43 g.	*Firecracker Pork-	Bosco Stick ( 2) -42 g.
MEAT/MA	American Cheese Steak on WG Bun-31 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	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN				Brown Rice -1 c-46 g.	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.	Green Beans - 4 g.	Broccoli- 4g	Corn 1/2 c-19 g.
VEG		Small Romaine Salad -5 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	Appleasauce-25 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 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
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. /BBQ Sauce 11g	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	
CONDIMENTS	Mayo -2 g.			Sour Cream - 3g.	
WEEK 2	MON	TUES	WED	THU	FRI
MEAT/MA	Hamburger w/bun -27g.	Smothered Burrito-42g	Totally Twisted Alfredo-42g	Asian chicken Stir Fry 44g	Calzone - 35 g.
MEAT/MA	French Bread Pizza - 33 g.	Chicken Philly Sand- 28g	Southwestern Philly-62 g	Ham Cheese Stuffer-33g.	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 -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN				Brown Rice -1 c-46 g.	
GRAIN					
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Refried Beans -30g	Broccoli- 4g	Green Beans - 4 g.	Twister Fries-
VEG		Corn 1/2 c-19 g.			Mixed Vegetables-9g
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	Appleasauce-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	Marinara Sauce-3 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS		Sour Cream - 3g.	Marinara Sauce-3 g.		

WEEK 3	MON	TUES	WED	THU	FRI
MEAT/MA	Boom Boom Chicken Chunks - 27 g.	Beef & Cheese Nachos -7 g.	Pizza BD - 43 g.	*Hawaiian Pork w/Lo-Mein-38g.	Beacon Street Sandwiches-32g.
MEAT/MA	Sloppy Joe on Bun -36 g.	*Bratwurst/Bun -27g.	Pork Chop Sandwich -42 g.	Chicken Sandwich - 39 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.
MEAT/MA	Sub -30 g.	Chef Salad-10g	Chef Salad-10g		
GRAIN	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN		Chips (2) 38 g.		Lo-Mein Noodles	
GRAIN					
VEG	Sweet Potato Fries - 30 g.	Black Bean Fiesta - 34 g.			California Blend-5g
VEG	Prince Edward - 3 g.	Small Romaine Salad -5 g.	Broccoli- 4g	Peas & Carrots-9	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.	Applesauce-25 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.
FRUIT					Juice -21 g/Grape Juice 28g
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.			
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.		BBQ Sauce, 11 g./Mayo-2g.	
CONDIMENTS	Boom Boom Sauce-11g.	Sour Cream - 3 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
Week 4	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Tenders - 4=19g	Taco Salad-5 g.	Spaghetti w/Meat Sauce-23g.	Ling's General Tso -23 g.	Fiery Chicken Philly Flatbread-47g
MEAT/MA	Meatball Sub- 38g	Chicken Sandwich - 39 g.	Bacon Cheeseburger-29g	Fish Sandwich - 39 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 -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)	Dinner Roll -17g. (1 grain)
GRAIN		Chips (2) 38 g.	Garlic Toast -11 g.	Fried Rice - 49 g.	
GRAIN					
GRAIN					
GRAIN					
VEG	Maple Roast Sweet Potato - 35 g.	Black Bean Fiesta - 34 g.	Broccoli- 4g	Broccoli- 4g	Asparagus-3g.
VEG	Green Beans - 4 g.	Small Romaine Salad -5 g.		Twister Fries-	
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.	Mixed Fruit-18 g.	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Juice -21 g/Grape Juice 28g
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	100% Fruit Juice 21 g.	Rosy Applesauce- 26g
FRUIT				Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	BBQ Sauce, 11 g.	BBQ Sauce, 11 g./Mayo-2g.	Ketchup- 3 g. & Mustard- 0 g.	Syrup -31 g.	

<b>CONDIMENTS</b>	Mayo -2 g.	Salsa/-2g Sour Cream - 3g.	Mayo -2 g.		
	<b>Dark Green</b>	<b>Starchy</b>	<b>Red/Orange</b>	<b>Legumes</b>	7/17/2018

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.





