

2018-19 December Middle Menu

WEEK 1	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Smackers- 20 gr.	Smothered Burrito-42g	Italian Meatball Sub- 38g	Lings Chicken-23g	Pizza BD - 43 g.
MEAT/MA	*Pulled Pork Sandwich- 39g	Chicken Philly Sand- 28g	French Bread Cheese Pizza -33g	Fish Sandwich- 42g	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)	
GRAIN			Dinner Roll -12g. (1 grain)	Brown Rice -1/2 c-28 g.	Dinner Roll -12g. (1 grain)
GRAIN			Garlic Toast -11 g.		
VEG	Broccoli- 4g	Refried Beans -30g	Cheesy Broccoli-7g.	Mixed Vegetables-9g	Cooked Carrots-8 g.
VEG		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	Pineapple Tidbits - 16 g.	Apple sauce-25 g.	Peaches 1/2 c. - 17 g.	Mandarin Oranges 1/2 c-17 g	Mixed Fruit-18 g.
	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	BBQ Sauce, 11 g.	Salsa-2 g.		Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	Mayo -2 g.	Sour Cream - 3g.	Marinara Sauce-3 g.	Tartar Sauce-3g.	
WEEK 2	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Tenders(4)- 19 g.	Chicken & Cheese Quesadilla-32g.	Spaghetti w/Meat Sauce-23g.	Baked Chicken-10g.	Hamburger on WG Bun-22g.
MEAT/MA	Meat Loaf Sandwich-28g.	Southwestern Philly-62 g	Fish Sticks-23g.	(Chicken Drumstick-5g.)	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 -12g. (1 grain)	Dinner Roll -12g. (1 grain)
GRAIN			Garlic Toast -11 g.		
GRAIN		Black Bean Fiesta - 34 g.	Small Romaine Salad -5 g.		
VEG	Maple Roast Sweet Potato - 35 g.	Small Romaine Salad -5 g.	with Grape Tomatoes	Mashed Potatoes -15g	Peas 1/2 cup-7g.
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.	Green Beans - 4 g.	
FRUIT	Pears - 20 g.	Mixed Fruit-18 g.	Peaches 1/2 c. - 17 g.	Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Baked Apples-28g.	Mixed Fruit-18 g.
CONDIMENTS	BBQ Sauce, 11 g.		Ketchup- 3 g. & Mustard- 0 g.	Gravy - 3 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2g/Sour Cream - 3g.	Mayo -2 g.		

Intermediate Cycle Menu 2018-19

WEEK 3	MON	TUES	WED	THU	FRI
MEAT/MA	Chicken Patty on Bun-39 g.	Walking Taco-29g.	Mac & Cheese-43g.	Pizza BD - 43 g.	

MEAT/MA	Bosco Stick-21g.	Corn Dog - 30 g.	American Cheese Steak-36g.	See Manager	
MEAT/MA	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	
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)	
VEG	Sweet Potato Fries - 30 g.	Corn 1/2 c-19 g.	Peas 1/2 cup-7g.	Broccoli- 4g	
VEG		Refried Beans -30g			
VEG	Raw Veggies-6 g. w/Ranch Dip -3 g.	Small Romaine Salad -5 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	Raw Veggies-6 g. w/Ranch Dip -3 g.	
FRUIT	Rosy Applesauce- 26g	Raw Veggies-6 g. w/Ranch Dip -3 g.	Pears - 20 g.	Peaches 1/2 c. - 17 g.	
FRUIT	Fresh Fruit Bowl	Mixed Fruit-18 g.			
FRUIT		Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	
CONDIMENTS					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.			
CONDIMENTS	Mayo -2 g./Marinara Sauce-3g.	Salsa/-2gSour Cream - 3g.			
Week 4	MON	TUES	WED	THU	FRI
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	11/17/2018

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

