

High School December 2016

WEEK 1	MON 11/28	TUES 11/29	WED 11/30	THUR 12/1	FRI 12/2
MEAT/MA	Boom Boom Chicken Chunks - 27 g.	Smothered Burrito-42g	Spaghetti w/Meat Sauce-23g.	Chicken Chunks- 17 g.	Pizza BD - 43 g.
MEAT/MA	Gilardi- Cheesy Breadstick-28 g. w/Chili 4oz.-15g.	Chicken Philly Sand- 28g	Bacon Cheeseburger-29g	Pulled Pork Sandwich- 39g	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)
GRAIN	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		
VEG			Garlic Toast -11 g.	Potato Wedges-19g.	Corn 1/2 c-19 g.
VEG	Broccoli-4g.	Refried Beans -30g	California Blend-5g		Baby Carrots & Celery w/dip-10g.
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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT		Raw Veggies-6 g. w/Ranch Dip -3 g.		Cheesy Cauliflower-8g.	Mandarin Oranges-17g.
FRUIT	Pears - 20 g.	Pineapple Tidbits - 16 g.	Mixed Fruit-18 g.	Apple sauce-25 g.	Fresh Fruit Bowl
CONDIMENTS	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Juice-21g Grape=28g
CONDIMENTS	Marinara Sauce-3 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS		Sour Cream - 3 g.		BBQ Sauce, 11 g.	
WEEK 2	MON 12/5	TUES 12/6	WED 12/7	THUR 12/8	FRI 12/9
MEAT/MA	Chicken Patty on Bun-39 g.	Beef & Cheese Nachos -7 g.	Lings Chicken-23g	Quesadilla Burger-36g.	Ham & Cheese Stuffed-32 g.
MEAT/MA	Hot Dog on Bun - 28 g.	Gyro w/Cucumber Sauce-31g	Fish Sandwich- 42g	French Bread Cheese Pizza -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	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		Chips (2) 19 g.	Brown Rice -1/2 c-28 g.		
GRAIN					
GRAIN					
VEG	Broccoli- 4g	Black Bean Fiesta - 34 g.	Cooked Carrots-8 g.	Potato Wedges-19g.	Mixed Vegetables-9g
VEG	Sweet Potato Fries - 30 g.	Shredded Romaine -1 g.	Peas-9g.	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	Rosy Applesauce- 26g	Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.		Pico de Gallo-3g./Marinara Sauce-3g.	Juice-21g Grape=28g
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.		Ketchup- 3 g. & Mustard- 0 g.	
		High School December 2016			
WEEK 3	MON 12/12	TUES 12/13	WED 12/14	THUR 12/15	FRI 12/16

MEAT/MA	Pizza BD - 43 g.	Soft Shell Taco-24 g.	Beef Broccoli Rice Bowl	Shrimp Poor Boy Sandwich-51g.	Calzone - 35 g.
MEAT/MA	Chicken Waffle Bites-10 g.	BBQ Rib on Bun - 32 g.	Chicken Tenders - 4=19g	*Pulled Pork Sandwich- 39g	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	Wrap - 30 g.	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)	Dinner Roll -12g. (1 grain)
GRAIN	Garlice Bread Stick-12g.		Brown Rice -1/2 c-28 g.		
GRAIN				Small Romaine Salad -5 g.	Cooked Carrots-8 g.
VEG	Cooked Carrots-8 g.	Refried Beans -30g		with Grape Tomatoes	
VEG	Small Romaine Salad -5 g.	Shredded Romain -1 g.	Green Beans - 4 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.
FRUIT		Pears - 20 g.	Mandarin Oranges 1/2 c-17 g	Peaches 1/2 c. - 17 g.	Pineapple Tidbits - 16 g.
FRUIT	Apple sauce-25 g.	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
CONDIMENTS	Fresh Fruit Bowl	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.	Juice-21g Grape=28g
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.	BBQ Sauce, 11 g.	Boom,Boom Sauce-11g.	Marinara Sauce-3 g.
Week 4	MON 12/19	TUES 12/20	WED 12/21	THUR 12/22	FRI 12/23
MEAT/MA	Chicken Chunks- 17 g.	Chicken Enchilada-36g	Baked Chicken-19 g.	Potato Crusted Fish-14g. w/Mac&Cheese -10g.	Jalapeno Stuffed Sandwich/Fathers Table-33g.
MEAT/MA	*Pork Chop Sand- 42g	Sloppy Joe/Bun- 36g		Beef & Cheese Philly-	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					
GRAIN					
GRAIN					
VEG	Cheesy Broccoli-7g.	Small Romaine Salad -5 g.	Mashed Potatoes -15g	Prince Edward - 3 g.	Maple Roasted S Potatoes- 20g.
VEG		Black Bean Fiesta - 34 g.	California Blend-5g	Peas -9 g.	Normandy Blend-3g.
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	Mandarin Oranges 1/2 c-17 g	Pears - 20 g.	Pineapple Tidbits - 16 g.	Peaches 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			Special Treat-10 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa-2 g.	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.	
CONDIMENTS	BBQ Sauce, 11 g.	Sour Cream - 3g.			
Week 5					
MEAT/MA					

MEAT/MA					
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MEAT/MA					
GRAIN					
GRAIN					
GRAIN					
GRAIN					
VEG					
VEG					
VEG					
FRUIT					
FRUIT					
FRUIT					
CONDIMENTS					
CONDIMENTS					
	Dark Green	Starchy	Red/Orange	Legumes	11/1/2016

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.

