

High School February 2018

WEEK 1	MON	TUES	WED	THU 02/01	FRI 02/02
MEAT/MA				*Hawaiian Pork w/Lo-Mein-38g.	Beacon Street Sandwiches-32g.
MEAT/MA				Cheeseburger on WG Bun-29 g.	See Manager
MEAT/MA				Cheese Sandwich 26 g.	Cheese Sandwich 26 g.
MEAT/MA				Chef Salad-10g	Chef Salad-10g
MEAT/MA				Wrap - 30 g.	Sub -30 g.
GRAIN				Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN					
VEG				Peas & Carrots-8 g.	California Blend-5g
VEG					Cooked Spinach-4g
VEG				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	Applesauce-25 g.
				Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS				Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS				Mayo -2 g.	Mayo -2 g.
WEEK 2	MON 02/05	TUES 02/06	WED 02/07	THU 02/08	FRI 02/09
MEAT/MA	Chicken Sandwich - 39 g.	Chicken/Chili Fiesta Sticks-10g.	Beacon Pizza Bun - 36 g. See Mgr.	Asian chicken Stir Fry 44g	Bosco Stick (2) -42 g.
MEAT/MA	American Cheese Steak on a Roll - 27 g.	BBQ Rib on Bun - 32 g.	Hot Dog on Bun - 28 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 -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN				Brown Rice -1 c-36 g.	
VEG	California Blend-5g	Black Bean Fiesta - 34 g.	Broccoli- 4g	Prince Edward - 3 g.	Corn 1/2 c-19 g.
VEG		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.	Raw Veggies-6 g. w/Ranch Dip -3 g.
FRUIT	Rosy Applesauce- 26g	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
FRUIT					Juice -21 g/Grape Juice 28g
CONDIMENTS	Mayo -2 g.	Salsa-2 g.	Ketchup- 3 g. & Mustard- 0 g.		
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Sour Cream - 5g.			Marmara Sauce-5 g.
High School February 2018					
WEEK 3	MON 02/12	TUES 02/13	WED 02/14	THU 02/15	FRI 02/16
MEAT/MA	Hamburger w/bun -27g.	Smothered Burrito-42g	Chicken Bowl-33g.	Meatball Sub- 33g	Calzone - 35 g.
MEAT/MA	French Bread Cheese Pizza -33g	Chicken Philly Sand- 28g	Fish Sticks-23g.	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	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Wrap - 30 g.	Wrap - 30 g.	Sub -30 g.
GRAIN	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN		Chips (2) 38 g.			
VEG	Sweet Potato Fries - 30 g.	Small Romaine Salad -5 g.	Corn 1/2 c-19 g.	Cheesy Broccoli-7g.	Fries-15 g.
VEG	Peas -9 g.	Retried Beans -30g	Mashed Potatoes -15g		Mixed Vegetables-12 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	Apple sauce-25 g.	Pineapple Tidbits - 16 g.	Strawberry Short Cake	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.	Mayo -2 g.			
CONDIMENTS	Mayo -2 g.	Ketchup- 3 g. & Mustard- 0 g.	Gravy - 3g	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	Salsa/-2g Sour Cream - 3g.	Tarter Sauce		

Week 4	MON 02/19	TUES 02/20	WED 02/21	THU 02/22	FRI 02/23
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MEAT/MA		Beef & Cheese Nachos -7 g.	Pizza BD - 43 g. see mgr.	*Hawaiian Pork w/Lo-Mein-38g.	Beacon Street Sandwiches-32g.
MEAT/MA		*Bratwurst/Bun -27g.	Southwestern Philly-62g.	Cheeseburger on WG Bun-29 g.	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		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 -24g. (2 grain)	Dinner Roll -24g. (2 grain)
GRAIN		Chips (2) 38 g.			
VEG		Black Bean Fiesta - 34 g.	Broccoli- 4g	Peas & Carrots-8 g.	California Blend-5g
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.
FRUIT		Mixed Fruit-18 g.	Pineapple Tidbits - 16 g.	Mandarin Oranges 1/2 c-17 g	Apple sauce-25 g.
FRUIT		Fresh Fruit Bowl		Fresh Fruit Bowl	Fresh Fruit Bowl
FRUIT					
CONDIMENTS		Ketchup- 3 g. & Mustard- 0 g.	Mayo -2 g.	Ketchup- 3 g. & Mustard- 0 g.	Ketchup- 3 g. & Mustard- 0 g.
CONDIMENTS		Salsa/-2g Sour Cream - 3g.		Mayo -2 g.	Mayo -2 g.

Week 5	MON 02/26	TUES 02/27	WED 02/28	THU	FRI
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MEAT/MA	Spaghetti w/Meat Sauce-23g.	Chicken Chunks - 17 g.	Soft Shell Taco -56 g		
MEAT/MA	Chicken Sandwich - 39 g.	Sloppy Joe on Bun -36 g.	French Bread Cheese Pizza -33g		
MEAT/MA	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.	Cheese Sandwich 26 g.		
MEAT/MA	Chef Salad-10g	Chef Salad-10g	Chef Salad-10g		
MEAT/MA	Sub -30 g.	Wrap - 30 g.	Sub -30 g.		
GRAIN	Dinner Roll -24g. (2 grain)	Dinner Roll -12g. (1 grain)	Dinner Roll -12g. (1 grain)		
GRAIN	Garlic Toast -11 g.				

VEG	Green Beans - 4 g.	Maple Roast Sweet Potato - 35 g.	Black Bean Fiesta - 34 g.		
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.	Corn 1/2 c-19 g.		
FRUIT	Peaches 1/2 c. - 17 g.	Pears - 20 g.	Mixed Fruit-18 g.		
FRUIT	Fresh Fruit Bowl				
FRUIT					
CONDIMENTS	Ketchup- 3 g. & Mustard- 0 g.	BBQ Sauce, 11 g.	Marinara Sauce-3 g.		
CONDIMENTS	Mayo -2 g.	Boom Boom Sauce-11g.	Salsa/-2g Sour Cream - 3g.		
	Dark Green	Starchy	Red/Orange	Legumes	1/5/2018

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.

